

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Dec. 4, is plastic, glass and metal. Put items in blue bags and place them on the curb.

Holiday refuse pickup

Nov. 27 is a regular pickup day. Regular weekly recycling pickup day is Nov. 27. Trash normally picked up on Thursday (Thanksgiving Day) will be picked up on Nov. 27. There will be no trash removal on Thanksgiving Day. Regular trash pickup will resume Nov. 29.

The only date for Christmas tree pickup in the housing areas is Jan. 6.

Holiday gate closures

At 8 p.m., Nov. 27, the Harford Gate, or Route 22, in the Aberdeen Area and the Wise Road Gate, or Edgewood Road, in the Edgewood Area, will be closed for the long holiday weekend and will reopen at 4 a.m., Dec. 2.

Holiday closing

Top of the Bay will be closed for lunch Nov. 27 through Dec. 1. The staff wishes all a happy and safe Thanksgiving.

KUSAHC curtails appointments, hours

Kirk U.S. Army Health Clinic will hold a Strategic Planning Conference on Dec. 5 and 6. No appointments will be scheduled on those days. Active duty sick call will be held as usual. The pharmacy will be open on Dec. 5 but will be closed on Dec. 6.

Well-Being film crew visits APG

A video crew will visit Aberdeen Proving Ground Dec. 4 to talk with members of the community regarding Army Well-Being. Extracts of interviews and film footage will be used to promote the Well-Being initiative Army-wide.

The video crew from Maguire/Reeder, Ltd., contracted by the Army, will develop a series of marketing tools to inform, educate, and engage the Army family and its external audiences about Army Well-Being.

For additional information, contact Bob Phillabaum, APG's Well-Being laboratory site coordinator at 410-306-4516, or Linda Holloway, APG Well-Being program manager, at 410-306-4520.

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Army to begin assessing Well-Being programs

Dan Hassett

Army News Service

The Army wants to measure how well it's taking care of its people.

Under the Well-Being system it began in 2001, Army personnel officials are developing ways to measure the effectiveness of its programs in supporting readiness, mission capabilities and individual soldier aspirations.

It's all part of a "holistic, systems approach to taking care of people" that links the physical, material, mental and spiritual state of soldiers, retirees, veterans, civilians and family members to overall Army readiness and mission capability, said Brig. Gen. Steven P. Schook, director of the Human Resources Policy Directorate, Office of the Deputy Chief of Staff, G-1, Department of the Army Headquarters.

"Well-Being is the human component of Transformation," Schook said. "It's the system that helps us get things to enable people to do their jobs better."

Many programs were created to take care of soldiers under the Army's

Quality of Life initiatives in the 1980s, Schook said. Morale, Welfare and Recreation programs, continuing educational programs, youth services, family advocacy programs and others were needed and effective in helping soldiers, but they fell short in terms of addressing the needs of other constituencies and in being measurable in their effectiveness.

Quality of Life programs sprang up haphazardly to meet specific needs, Schook said, but there was no holistic planning, no research, no single voice for all programs, and no overall funding strategy. There was no real way to see if the Army was getting "the most bang for the buck."

That all began to change with the birth of the Well-Being concept, when the Army leadership took a look at all programs that affected the well-being of not only soldiers, but everybody

who affected soldiers: retirees, veterans, civilians and family members. The Army recognized quality of life programs as necessary to attract and maintain the soldiers it needs to perform its

mission, so it began to look at ways to manage programs more effectively.

The attempt to measure the effectiveness of current programs is the next step in the Army's process of integrating Well-Being into the total Army structure, Schook said.

"Let's do it the smart way," he said. "Let's measure the effectiveness of existing programs, weed out the non-productive ones, and put more resources into the productive ones. Let's analyze the needs of our constituencies and create new programs if we need them."

"We want to continue to focus on peoples' aspirations, to allow them opportunities to become better people," he said. "And we want to make sure we have systems to measure effect, not activity," he said, stressing that programs must meet soldiers' needs.

Schook said he expects standards, metrics and performance measures for current programs to be in place by the start of fiscal year 2004. "Some of these programs already have performance measures, and they may be

changed. Most don't have any and they're going to get some."

"This is really a cultural change in how we do business," Schook said. For the first time, Well-Being is being measured by the senior leadership of the Army to make sure programs are affecting readiness, mission capability and people in the correct way, he said.

Schook said he expects Well-Being to be totally institutionalized in the Army by next year. "It will be included in policy, in regulations, in doctrine, in the budget," he said.

The end-state of Well-Being, Schook said, is an integrated system that recognizes that the institutional needs of the Army cannot be met without meeting the personal needs and hopes of its people.

Well-Being is designed and resourced to adjust to the dynamic nature of the Army's operational challenges and America's societal changes. It is formulated to maximize performance, readiness, retention and recruiting, and enable the Army to accomplish its mission.

Army Well-Being asks for feedback

Pam Holloway

26th ASG

As one of the Army's five Well-Being laboratory test sites, Aberdeen Proving Ground has the unique opportunity to help the Army improve the lives of all soldiers, Army and non-appropriated civilians, Army retirees, veterans and family members.

As Army Well-Being gains momentum, members of the above listed constituent groups are being asked to assess various services, facilities, activities and procedures in an effort to improve the lives of Army community members.

APG's Well-Being coordinator, Bob Phillabaum, is distributing different surveys to each group during November and December. These surveys contain many questions regarding individual perceptions and expectations of

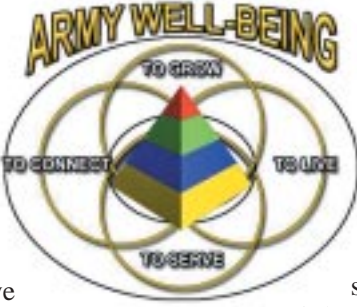
numerous aspects in the daily lives of individuals. The surveys are targeted specifically to each group.

"Survey results will enable local and Army Well-Being managers to gauge current perceptions and areas of concern to target efforts where they are needed," Phillabaum said.

"The current survey will be compared with results obtained from an earlier survey conducted last spring, and a final survey that will be conducted in the spring of 2003. If you receive a Well-Being survey, please fill it out and return it because your opinion counts."

For more information about the Army Well-Being laboratory project, call Phillabaum, 410-306-4516.

(Editor's note: Pam Holloway is the Well-Being coordinator for the 26th Area Support Group, Heidelberg, Germany.)



Job seekers flock to annual Job Fair

Story and photo by

Yvonne Johnson

APG News

Organizers of the Harford County Job Fair, held Oct. 25 at the Richlin Ballroom in Edgewood, said attendance was the highest it's been in years.

More than 800 job seekers attended the annual event co-sponsored by the Harford County Office of Economic Development, Aberdeen Proving Ground Army Community Service Employment Readiness Program, the Maryland Department of Labor Licensing and Regulation, Harford Community College, the Harford County Chamber of Commerce and Susquehanna Workforce Network, Inc.

Among the sponsors in attendance was Marilyn Howard, ACS Employment Readiness Program. Howard said employer interest in the program, which utilizes business networking to assist family members in obtaining employment, was high.

"Many of the employers here were ecstatic about posting their information with us," Howard said. "They want an outlet that will reach the military community."

She added that the ERP is planning an employer

showcase to be held on APG in 2003.

More than 50 organizations, consisting of private, state and federal industry were represented at the fair. They included financial institutions such as Forest Hill Bank and the APG Federal Credit Union; law enforcement agencies like the Harford County Sheriff Department and the Baltimore County Bureau of Corrections; private companies such as Rite Aid and Clorox Products and installation contractors like LB&B Associates, Inc., and Battelle Edgewood Operations.

Representatives and job seekers agreed that they benefited from the information exchange.

"We got a lot of inquiries from service members interested in a career after the military," said Dale Thomas, background investigator with Baltimore County Corrections.

He added that new officers are needed to man the new computer controlled correctional facility currently under construction.

From the Harford County Sheriff Department, Sgt. Keith Warner and Tracey Martinelli, personnel manager, were kept busy fielding questions.

"Most asked about vacancies and minimum quali-

fications for positions in the Bel Air Detention Center," Martinelli said.

Warner, who also is a recruiter, said the fair was one of the few the department participates in.

"This one came at a good time," he said. "There are plenty of vacancies."

At APG's Civilian Personnel Advisory Center display, Dave Mial, personnel specialist, and Linda Bryant, personnel assistant, explained application procedures and answered vacancy questions.

"We've been relatively busy," Mial said noting the large turnout.

He said that interests among applicants varied, with many looking for mathematics, security and writer-editor positions.

Focused on bolstering the Directorate of Law Enforcement and Security, Bryant handed out applications for the APG civilian police force. The open period ends Dec. 31 Bryant said.

"Most applicants have law enforcement backgrounds," she added. "Many were surprised they don't need the Standard Form-17 anymore."

At the Beacon Staffing display, Sheryl Davis-

See JOB FAIR, page 5

USO-Metro kicks off holiday hotel program

Dawn Ruth

USO-Metro

The USO of Metropolitan Washington is joining with Washington area hotels to provide complimentary hotel/motel room nights to visiting families of service members who are unable to travel home for the holidays.

The program is designed to help junior enlisted personnel, many of whom do not have enough leave time accrued, to travel home.

Many are also considered essential personnel at their duty stations and cannot leave.

"This program has grown from one participating hotel in 1984 to 42 hotels in 2001. We are delighted that we can unite families at this special

at time of year," said USO-Metro President Elaine

Rogers. "USO has become synonymous with helping our enlisted personnel and being there to make their holiday brighter."

The program runs from Dec. 20 through 30. Eligibility is limited to enlisted personnel in grades E1 through E6. No more than four family members may share a hotel room.

All recipients are responsible for payment of incidentals such as telephone, parking, room service, etc.

Interested applicants may apply directly through their Senior Enlisted Advisor, Command Sergeant Major, Master Chief Petty Officer or Chief Master Sergeant. The application deadline is Dec. 8.

For more information or an application, call Dale Jovero at 703-696-2552 or 3279.



Marcus D. Cyrus, son of Sgt. 1st Class Mitcheleene Cyrus, Noncommissioned Officer Academy, performs a traditional dance, "Grass," which symbolizes the power of a ceremony.

Story and photo by

Sonya P. Reynolds

APG News

"Serving with honor, pride and devotion," was the theme of the 8th Annual Native American Heritage Month Celebration. Held at Aberdeen Proving Ground Recreation Center, Nov. 6, many turned out to reflect, recognize, honor and learn the traditions of over 550 tribes that exist in the country today.

After welcoming attendees, Carol Baker, Native American Employment committee member, and mistress of ceremonies, introduced Sandra M. Wachter, Native American committee member, to bless the day's events.

Wachter said that it is a tradition in Native American gatherings to start with prayer. In her opening remarks,

Col. Mardi U. Mark, APG Garrison and deputy installation commander, said that because she started her day off with a prayer breakfast leading into this spiritual celebration, it was going to be a great day at APG.

Mark expressed her deepest appreciation for the soldier and civilian participation in the event.

"Thank you for attending our 8th Annual Native American Heritage month celebration put together by our APG Native American Employment Program Committee," Mark said. "This is not just something that you put together a week before. Thank you for your efforts and for this program. It is a reflection of your dedication and ideals."

She emphasized the importance of diversity in America

See CELEBRATION, page 16

America’s highways beckon Army Band

Spc. Heather Secora
389th Army Band

September was a landmark month for the members of the 389th Army Band, (AMC’s Own).

After extensive planning and preparation, the band left APG on Sept. 2 on the first of a two-part, three-week tour. Traveling by motor coach and logging over 5,300 miles, the band visited U.S. Army Materiel Command installations in the southeast and mid-west, performing for more than 30,000 people.

Col. Mardi U. Mark, APG Garrison and deputy installation commander, visited the band before its departure in a gesture of support. She wished them success on their mission and emphasized the tour’s importance to the morale and spirit of the soldiers and civilians in the communities they would visit.

The stops on the tour were as diverse as AMC itself, including not only concerts on military posts, but outreach concerts and events within the host communities.

After an overnight in Greenville, S.C., the band headed to Alabama for its first performance, a formal concert for the public at Anniston High School. The program featured several ensembles from the unit.

The Concert Band, Stage Band and Show Band entertained the audience with selections ranging from standard marches to a medley of Broadway’s “Les Miserable,” Glen Miller’s “In the Mood,” and the stirring wind ensemble arrangement of “Amazing Grace.”

Sgt. 1st Class Bob Dietz’s arrangement of Alan Jackson’s “Where Were You When the World Stopped Turning,” was especially moving.

Diane Standridge, an Alabama native and the wife of band director, Chief Warrant Officer 4 Jerry Standridge, provided the program narration during the first half of the band’s tour.

Sgt. Maj. Donald Lloyd led the Stage Band and Sgts. Joshua Vincill and Justin Searle entertained the audience with music from the 1950s including the popular favorite, “Minnie the Moocher.”

Sept. 4 saw the ensembles of the unit visiting the community. The Jazz Combo performed in Zinn Park while the Brass Quintet and Woodwind Trio visited two local schools. The Combo members welcomed the chance to bring its unique jazz

sound to the community and they were featured in the local paper.

The Brass Quintet and Woodwind Trio reached out to the next generation of musicians, performing a wide range of chamber selections, and then sharing their experiences as Army musicians with middle and high school students. During and after the performances, the members of the two ensembles answered questions and chatted with the students up close. In



Photo by JULIE E. OLIVER
Members of the 389th Army Band (AMC’s Own) relax on a motor coach between concerts during their September tour of U.S. Army Materiel Command installations and communities

addition, the host musical directors at both schools viewed the clinics and performances as learning experiences for their young musicians.

The next day, the band departed Alabama for Orlando, Fla.

A public concert at the reflecting pond on the University of Central Florida campus was memorable for both the beauty of the venue and the beauty of the evening. It was also the first performance on the tour attended by family members of several members of the band. Relatives of Staff Sgts. Carl Woodruff and Heather Van Beek and Spc. Josie Diglia were in the audience. While in Florida, many band members took the opportunity to see the sights, visit beaches and enjoy the Southern hospitality.

Heading back to Alabama, the band stopped next in Huntsville to participate in “Huntsville United,” a huge community celebration of the city’s patriotism and spirit. More than 5,000 people, including military personnel and local dignitaries attended the event. Along with the concert, there were displays featuring local area performers and civic activists. Three local television affiliates and radio stations broadcast the program live over a five-state area. Guests of the program included local firefighters, police officers

and emergency technicians, and three New York City police officers who survived the World Trade Center attacks. The three were attending training in the area. The evening also featured a candle-lighting ceremony among the audience that lit the dark sky in a red, white and blue glow.

On Sept. 10, the band left the south and returned to APG for a Sept. 11 commemorative ceremony.

The band departed APG again on Sept. 14, heading into the mid-west for the second half of its tour. After an overnight stay in Toledo, Ohio, the band traveled to Davenport, Iowa and Rock Island, Ill.

Active duty military, reservists and civilian employees attended the afternoon concert at Memorial Park on Rock Island Arsenal and the families of Spcs. Luke and Tim Jefferson were on hand to show their support.

Sgt. 1st Class Marla Robinson joined the band as narrator for the second half of the tour.

The final concert of the tour was in Warren, Mich. Although it was originally scheduled to be outdoors at Hamlich Park, it was moved indoors to a local high school under the threat of rain. In spite of the relocation, the community turned out in force for the performance. A special treat for the citizens of the Warren area was Staff Sgt. Dwayne Simmons, a Detroit native, who with his family in attendance brought home a little Motown flavor with the able assistance of the Jazz Combo.

A noteworthy part of the concert was when the veterans and active service members of all branches stood proudly as their service songs played during the Armed Forces Medley.

The final stop on the tour was Atlantic City, N.J.

Hosted by the Miss America Organization, the band led the 2002 Miss America Parade down the famous Atlantic City Boardwalk. With the ocean on one side and the bright lights of the seaside district on the other, the marching band delighted the crowd of spectators lining the route.

Happy with the successful accomplishment of the mission of bringing inspiration to the widely scattered elements of the command, the members of AMC’s Own returned home full of pride and with memories of an unforgettable experience.

Former WAC performs on Army Band tour

Yvonne Johnson
APG News

Julia E. Oliver, a Port Deposit resident and former member of the Women’s Army Corps Band, accompanied the 389th Army Band AMC’s own on its tour of U.S. Army Materiel Command installations and civilian communities. Oliver drove her own vehicle, following the tour bus from state to state.

An accomplished clarinetist, Oliver has made several guest appearances with the band at concerts throughout the community. She said the experience brought back memories of long-ago tours.

“Forty years ago, when I toured with the WAC Band, we had buses with no air conditioning and we frequently had to use people’s outhouses,” Oliver said.

She said the tour gave her a chance to look up old friends and take in some WAC history.

In Alabama, she visited

friends in a nursing home and the grave of Pat Browning, the first female sergeant major of the Army Band.

She said she appreciated seeing parts of the country she hadn’t seen for years.

“Orlando didn’t look like that in 1962,” Oliver said.

Oliver performed with the band in Anniston, Huntsville and Fort McClellan, Ala.; the University of Central Florida; Davenport, Iowa; Rock Island Arsenal, Ill.; and Warren, Mich.

She said she enjoyed interacting with the young musicians and thanked band director, Chief Warrant Officer 4 Jerry Standridge for allowing her to accompany them.

“It’s too bad it cost so much for me to do it,” Oliver said. “I would love to do it in the future.”

Oliver is a member of the Women’s Army Corps Veterans’ Association, a colonel in the Pennsylvania State Reserve and an accomplished pilot/aerial observer.



Photo by JULIE E. OLIVER
Band members set up chairs in front of Millican Hall at the University of Central Florida in preparation for an outdoor concert, Sept. 6.

AMC exhibits wares at AUSA meeting

DOIM

Last month saw the culmination of a collaborative effort to produce one of the most successful U.S. Army Materiel Command corporate exhibits ever at the 2002 Association of the United States Army annual meeting held in Washington, Oct. 21 through 23.

The meeting, described as “the world’s largest land power forum,” brings together America’s Army and offers active, Guard and Reserve, retirees, family members and

civilians the opportunity to experience the best of today’s Army.

The exhibit, displayed in the atrium of the Marriot Wardman Park Hotel, was based on the innovative design created last year when the meeting was cancelled due to the tragedies of September 11. Incorporated into the updated plan were 11 new technical demonstrations from various AMC major subordinate commands.

“Fantastic” was the way Gen. Paul Kern, AMC com-

mander, described the exhibit.

Many former AMC commanders expressed their admiration for the technologies displayed and the booth as a whole.

Nearly everyone in the Visual Information Services Division had a direct role in support of the exhibit.

“From custom fabrications and graphics to video documentation, a team effort was displayed in the creation of this exhibit,” said DOIM Director Byrne Huntley.

Photo by LA’MONT HARBISON



Right, Dr. Mark J. Valco, aerospace engineer with U.S. Army Materiel Command’s Army Research Laboratory, discusses oil-free aircraft engine technology with Gen. Eric K. Shinseki, chief of Staff of the Army, left, and center; Maj. James E. Addas, procurement staff officer at headquarters AMC.

APG News

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Deadline for copy is Thursday at noon for the following Thursday’s paper.

Staff

APG Commander Maj. Gen. John C. Doesburg
Public Affairs Officer George P. Mercer
Editor Debi Horne
Editorial Assistant Marguerite Towson
Contract Photojournalists Yvonne Johnson
. Sonya P. Reynolds
Contract Graphic Designer and Web Site Designer Diane Burrier
Web site www.apgnews.apg.army.mil

ISSUING A DAY PASS



Photo by YVONNE JOHNSON
Tom Marron of Havre de Grace, right, waits patiently as APG police officer Mario Cantu checks his identification before issuing a Day Pass near the Aberdeen Area Maryland Boulevard Gate. The new single-day initiative, designed to be more “installation friendly,” went into effect on the Aberdeen and Edgewood Areas Nov. 4. Complete story will be published Dec. 5.

POST SHORTS

Town Hall meeting announced

The next quarterly APG Town Hall meeting will take place 11:30 a.m. to 1 p.m., Dec. 3, at the U.S. Army Soldier and Biological Chemical Command Conference Center, building E-4810.

The event is open to the entire APG community.

For those who are unable to attend, the meeting will be broadcast on Channel 3.

Questions for the commander may be submitted in advance by calling Linda Holloway, 410-306-4520, or may be sent electronically to linda.holloway@usag.apg.army.mil.

A telephone line will be available during the meeting, 410-436-7849.

ASAP holiday open house

Everyone is invited to attend the Army Substance Abuse Program's holiday open house, Dec. 5, 10 a.m. to 2 p.m., at their new location, building 2477.

Information on safe holiday celebrations, Designated Driver Program, Lights on For Life Celebration and other important substance abuse prevention initiatives will be available.

Light refreshments will be served.

For more information, call 410-278-3784/3137.

CFC nears end

The Combined Federal Campaign will accept contributions through Dec. 11.

Contributions are at 79 percent or \$256,269.

This is an opportunity to look deep into your hearts to give a little help to the people that are in need.

Register now for HCC spring credit classes

Registration is currently underway for spring 2003 credit classes at Harford Community College's Aberdeen Proving Ground Center, building 3146, Raritan Avenue, Monday through Thursday, 9 a.m. to 3 p.m.

For information, call 410-272-2338 or 410-278-0516.

In addition, registration is taking place at HCC's Student Center Monday through Thursday, 8 a.m. to 7:30 p.m.; Friday, 8 a.m. to 4:30 p.m.; and Saturday, 9 a.m. to 1 p.m. spring classes begin on Jan. 22.

Students who register through Dec. 16 will be billed,

with payment due Jan. 8.

Students may also register for courses by mail or FAX through Jan. 21. Forms and further information are included in the Schedule of Spring 2003 Credit Classes, which was mailed to Harford County residences.

In addition to the Schedule of Classes being available in the Registration and Records Office, students can access the information at www.harford.edu.

Continuing students may register online using SOLAR.

Prior to registering, students may call HCC's Advising, Career, and Disability Services at 410-836-4301 to make an appointment with a new student advising group or meet with an academic advisor to plan their semester schedule.

Walk-in advising will be available Jan. 2 in the Student Center Monday through Thursday, 7:30 a.m. to 7:30 p.m.; Friday, 7:30 a.m. to 4 p.m.; and Saturday, 9 a.m. to 12:30 p.m. Students who have never attended HCC, or who attended before fall 2001, should complete an HCC Application for Enrollment prior to registering.

For further information about registering for spring credit courses at HCC, call the Office of Registration and Records at 410-836-4222 or 410-879-8920, ext. 222.

Take a moment to say “thanks”

It just takes a minute to visit the Department of Defense Web page <http://www.defend-america.mil/nmam.html> to add your name to a brief message thanking the men and women of the U.S. military services for defending our freedom.

The compiled list of names will be sent out to soldiers, sailors and airmen at the end of the month.

AA Thrift Shop offers charitable contributions

The Aberdeen Area Thrift Shop is currently considering requests for charitable contributions.

Submit nomination request including the name of the organization, the reason for the request, and a point of contact with phone number where that person can be reached during the business day, to the Thrift Shop no later than Nov. 27.

Send requests to APG Thrift Shop, Bldg. 2458, Attn: LouAnn Conway, APG, MD

21005.

FEHB Open Season ends Dec. 9

The 2002 Federal Employees Health Benefits Program Open Season runs through Dec. 9. During this period, employees can elect a new health benefits provider.

Changes made during the open season will be effective Jan. 12, and the new premiums will be reflected in paychecks the week of Feb. 3.

Since there are many changes coming for calendar year 2003, employees should take a few minutes to review the information at www.opm.gov/insure to determine if their health plan is changing for next year.

If the current plan is changing coverage or terminating participation in the plan, this open season is the only opportunity to elect health benefits coverage for calendar year 2003. For more FEHB information, visit <https://www.abc.army.mil> and www.opm.gov/insure.

RAB meeting announced

The Installation Restoration Program will hold its next monthly Restoration Advisory Board meeting Dec. 5, 7 to 9:45 p.m., at the Edgewood Senior Center on Gateway Road. The topics will include updates on the O-Field Study Area and the Lauderick Creek CWM Removal Action.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line at 410-272-8842 or 1-800-APG-9998.

Kirk offers classes

The following classes will be held in the Preventive Medicine conference room (Room A-12), located on the first floor at Kirk U.S. Army Health Clinic.

For more information and to register for class, call Preventive Medicine, 410-278-1964.

Living with hypertension

One two-hour session is scheduled for 10 a.m. to noon

on Dec. 3 for individuals diagnosed with hypertension who are enrolled in TRICARE.

All TRICARE Prime beneficiaries are eligible to attend.

Asthma education overview

Class is scheduled noon to 2 p.m. on Dec. 3, and covers an overview of asthma; triggers that may cause attacks or symptoms; preventing attacks; use of peak flow meter and MDI/spacer; developing a personal asthma action plan.

All TRICARE beneficiaries with a recent or long-term diagnosis of asthma. Parent(s) or sponsor(s) of an asthmatic child are eligible to attend.

EA Thrift Shop going out of business

The Edgewood Area Thrift Shop will close permanently on or about Dec. 19.

All consignors are welcome to withdraw items without charge. Hours are Thursday, 10 a.m. to 3 p.m. and the first Saturday of the month, 10 a.m. to 2 p.m. For information call Chairperson Colleen Newing, 410-676-4733

EA Thrift Store holds half price sale

The Edgewood Area Thrift Store will hold a half price sale on everything in the store, Dec. 5, 10 a.m. to 2 p.m.

For more information, call 410-676-4733.

Commentary—

National Diabetes Month--I got ‘sugar’



Marguerite Towson
APG News

In my life, hospital stays seemed to become a second vacation destination - an ovarian cyst, an appendix here, a gall bladder there, plus a few other odds and ends that had to be surgically removed. Then four years ago I was diagnosed with cardiomyopathy, a heart condition.

After all of the mini-medical catastrophes that have befallen me throughout the years, I thought it couldn't get any worse - I was wrong. I am now one of 16 million people diagnosed with type II diabetes in America.

Initially, I was in denial. No, I argued, maybe it was because I didn't fast the morning of my last test. So, I went to see the doctor again and he explained to me that any glucose reading of 130 or above meant I was diabetic. I demanded a "recount." I wanted another test.

The hospital lab, using what

they call a glycated hemoglobin test, indicated I had been diabetic for at least three months. I hadn't had bloodwork for several months prior to that, so it's hard to tell when it may have developed.

My type II diabetes is considered adult onset diabetes, caused by obesity and lack of exercise.

In addition to the pills I take for my heart, I have to take glucophage and prandin. I also had to purchase a glucose meter.

Without my health care prescription plan, I would be spending thousands of dollars for pills, glucose strips and needle sticks. The only item my plan didn't cover was my glucose meter.

I was sent to diabetic specialists. The first one was very thorough in explaining to me about taking great care of my legs and feet - especially my feet. She examined my feet and said that I need to see a podiatrist every year and that I must always have to wear loose socks. I absolutely hate stockings and socks. Potatoes, pasta, bread, candy bars, ice cream and, just about everything I love to eat, was one of the biggest sacrifices yet.

Doctors are very serious about foot care. Any sores or cuts on the feet can get infected.

I have to examine my feet every night, look for ulcers, and keep the skin on my legs and feet softened. I am not even allowed to soak in the tub or swim and let my skin get wrinkly. I'm not supposed to walk barefoot, or wear sandals. Loose clothing is important, and I should not wear high heels or cross my legs.

The specialist also told me that I had a "leaky liver." My normal glucose readings were between 80 and 120 after an hour of exercise on the treadmill. But in the mornings, it would jump to 130 or 140. She explained that even though I didn't need the extra glucose, my liver was telling my body it did.

Exercise is the key for type II diabetics. One hour of brisk walking or one hour of good exercise every day will lower the glucose level, and increase the blood cell receptacles that absorb sugar into the body.

The second diabetic specialist was a nutritionist. She explained that I would be limited to 145 grams of carbohydrates per day. She showed me examples of grocery products with the labels on the side, and gave me a chart showing the

importance of eating a good balanced meal with lots of vegetables and fruit every day. I would have to measure everything in certain portions to avoid eating too many carbohydrates. Eating food with lots of fiber is very good.

She told me that I should never go on the Atkins Diet, probably because it's loaded with fat and it's bad for the heart and has no carbohydrates. And as my nutritionist said, I need to have some carbohydrates and my glucose reading can't be too high or too low.

After my diagnosis, it took me two months of pills, diet, exercise and weight loss before I saw my glucose readings drop (and they seemed to drop overnight). I was so happy.

Once my weight and glucose readings were down, I sometimes took a piece of candy or something with me whenever my exercise was an hour or more. I had to make sure my glucose didn't get too low.

I would spend hours at the grocery store studying labels for carbohydrates.

It's really hard passing up potato chips and onion dip, cheetos, cookies and my favorite candy bars. It's hard watching everyone around you chow down anything they want.

There's always a tradeoff with food. Sugar free has a lot of carbohydrates, fat and calories. Fat free sometimes has too much of something else bad. I used to go crazy thinking about what I could eat without my glucose going sky high.

Christmas and Thanksgiving is especially tough.

When I go out to dinner, a cookout, or special occasions like weddings, I look at what I can or can't eat. Thank goodness I love seafood. Italian restaurants are out because they serve mostly pasta and bread.

I have to take my prandin one half hour before my meal, so I try to decide when dinner might be ready. I don't know if it has to be absolutely 30 minutes on the dot, but I think it's a good thing to give myself one or two minutes extra.

There's talk about "free" food like carrots, celery, lettuce, all the rabbit food that we can munch on, so it's good that I like salads with chicken, tomatoes, lettuce and fat free dressing. Doctors suggest I keep active not only to keep my glucose down, but also to

try to keep my mind off food.

I found a low-carbohydrate Web site for bagels, bread and even cheesecake. Everything looked good, so I decided to order a fresh, refrigerated box full of items.

But I have discovered that low or close to no carbohydrates does not taste good. Why, I don't know. But the low-carbohydrate Karo syrup is good.

My dinner is mostly of the frozen diet variety. They taste good and everything is all measured, with just enough carbohydrates. Once in a great while I splurge on extra food and carbohydrates, but I have to exercise to work it off and keep my glucose reading down.

If it sounds like I obsess over food, I do. I love food. I miss food. Custard filled chocolate frosted donuts, a big plate of spaghetti and a slice of Italian bread with butter, thick crusted pizza, cakes, pies, and on and on.

Of course, I sometimes eat things I shouldn't. After almost two years of living with diabetes, I have my good days and my bad days.

I never grasped the problems that diabetics had and never really understood what it was until I was diagnosed with diabetes myself.

If I wasn't paranoid before, I should be now. I have so many things to worry about like neuropathy, blindness, liver failure, amputations, circulation problems, kidney failure and more.

But there is hope for type I and II diabetics. Experimental surgery with islet cells from a healthy pancreas transplanted into patients with severe type I diabetes is showing positive results. There are also new drug experiments being conducted in hospital clinics. Not only that, but some Dutch researchers at Vrije University in Amsterdam said components in coffee seem to help the body metabolize sugar, thereby reducing the risk of diabetes and could even be beneficial for type II diabetes. So coffee lovers rejoice.

It's been almost two years since my diagnoses and it's been a real learning experience. For me, living with diabetes is a constant struggle. I like to compare it to a line I heard in a song: "Life ain't a track meet, it's a marathon." It's going to be a long, slow and painful haul.



Dave Mial, left, Civilian Personnel Advisory Center, explains application procedures to Evelyn Armstead, a military spouse in search of an administrative position during the Harford County Job Fair at the Richlin Ballroom, Oct. 25.

Job fair

From front page

Kohl, president, explained how the Aberdeen-based temporary staffing service could lead to permanent positions.

“Whether clerical or warehouse, we provide the opportunity to get their foot in the door,” Davis-Kohl said. “The company gets to try them out and they get to try the company out.”

Jennifer Almond, Custom Direct Human Resources generalist, added that the Joppa-based company, which specializes in personalized and financial products, has a need for customer service and press operators.

“The fair has generated a lot of interest for the company,” Almond said, noting that most inquiries came from those currently employed.

Applicants varied as widely as the selections.

Crystal Lacy, a Maryland Army National Guard soldier from the Edgewood Area Armory, said she was “looking for a new career to get into,” as she chatted with Bob Wehland, a representative of the Forest Hill Bank, Whiteford office.

“I’m just curious about what opportunities are out there,” Lacy said.

“I’m looking for a position with better hours,” added Nadja Seigel, a medical technician from Bel Air.

Evelyn Armstead, a military spouse recently arrived from California, said she was looking for a property management position.

“So far, so good,” Armstead said when asked about the assortment of companies on hand.

“I’ve found five points of interest so far. There are a wide variety of options here. Just about something for everyone.”

Participating companies in

the 2002 Harford County Job Fair included: APG Civilian Personnel Advisory Center; APG Nonappropriated Funds; Abacus Corporation; APG Federal Credit Union; Aberdeen Test Support Services; Alban Tractor Company, Inc.; The Arc Northern Chesapeake Region; Baltimore County Corrections; Batelle Edgewood Operation; Beacon Staffing Alternatives; Beretta USA Corporation; Clorox Products; Collins & Aikman; Comcast Cable Communications; Conestoga Wood Specialties Corporation; County Banking & Trust Co.; Custom Direct, Inc.; Davco Restaurants, Inc.; Decision Systems Technologies, Inc.; DSC Logistics; Enterprise Rental Car; Forest Hill Bank; Freedom Federal Credit Union; Harford Community College; Harford County Family YMCA; Harford

County Government; Harford County Sheriff’s Office; Harford County Public Library; JCR Manor Care; Hecht’s; HMS Host; Home Instead Senior Care; LB&B Associates, Inc.; Log. SEC Corporation; Mariner Health of Forest Hill; Maryland Air National Guard; MBM Corporation; Michel Distribution Services; MCI; Mid Atlantic Label, Inc.; Parris-Castor Eye & Laser Center; Pizza Hut of Maryland; Richlin Ballroom; Rite Aid Corporation; SES Strategic Edge Solutions; Shaw Environmental; Survice Engineering Company; T.C. Simons, Inc.; TRUGREEN CHEMLAWN; U.S. Customs Service; U.S. Immigration and Naturalization Service; and U.S. Investigations Services.

Recruit the Recruiter Team to visit

The Recruit the Recruiter Team from Headquarters U.S. Army Recruiting Command, Ft. Knox, Ky., will visit APG on Dec. 5 to brief all sergeants through sergeants first class on the challenges, benefits and qualifications of recruiting duty. Briefings will be held 11 a.m. at the Post Theater, building 3245, and at 3 p.m. at the Edgewood Area Theater, building E-4810. Attendance by all noncommissioned officers is encouraged. Spouses may also attend. The briefing in no way obligates service member for recruiting duty and a personal interview following the briefing will determine qualifications. For more information, call Master Sgt. Stanley Edwards or Sgt. 1st Class Ann Westman, 410-278-2769.

Community Notes

**THURSDAY
NOVEMBER 28
THANKSGIVING DAY
MEAL**

The annual Thanksgiving Day meal will be held in the Aberdeen Area dining facilities, buildings 4219 and 4503, and Edgewood Area dining facility, building E-4225, 11:30 a.m. to 2:30 p.m. During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$5.25 applies to any officer, enlisted member, and family member of sergeant or above, Department of Defense civilian, retiree and their guest. The discount meal rate of \$4.55 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

Meal includes turkey noodle soup, shrimp cocktail, roast turkey, baked ham, prime rib of beef with au jus, corn bread dressing, savory bread dressing, mashed potatoes with giblet gravy, candied yams, corn, green peas with mushrooms, assorted salad bar, potato salad, macaroni salad, waldorf salad, brown and serve rolls, pumpkin pies, pecan pies, fruit pies, fresh fruit, hard candy, mixed nuts, soft

serve ice cream and assorted beverages including egg nog.

Note: Menu is subject to change without prior notification.

Authorized attire for service members is Class A, Class B or optional Dress Blue Uniform or Battle Dress Uniform, if the military personnel are on essential duty status. Military personnel are not required to be in uniform unless directed by their commander. Casual civilian wear includes, but is not limited to, for men, blazer, sport coat, dress trousers, designer jeans with sport coat or sweater with tie; and for women, dress, pant suit, skirt with blouse and jacket, designer jeans, blouse and sweater or jacket.

Inappropriate or unauthorized attire consists of all military issue physical training gear, civilian jogging suits and gym clothes. For more information call Edward Parylo, or Joyce Thane at 410-306-1399/1393/1398.

**MONDAY
DECEMBER 2
VETERAN'S FORUM**

The Department of Veterans Affairs will host two veterans' forums, 3 to 4:30 p.m. and 6 to 7:30 p.m., at the

Perry Point VA Medical Center's Theater. VA Benefits Administration representatives will be available to discuss issues including how to obtain a certificate of eligibility to purchase a home guaranteed by VA, new legislation concerning exposure to Agent Orange and other veterans' benefits concerns. For more information, call 410-642-1717.

**FRIDAY
DECEMBER 6
COUNTRY HOE DOWN**

The Harford County Country/Western Dance Association, a non-profit organization, sponsors country western dancing the first Friday of the month at the American Legion located on Parke Street in Aberdeen. Dancing is held from 7:30 to 11:30 p.m. Everyone is welcome.

Cost of admission is \$8. For more information, call 410-272-8318.

**SATURDAY
DECEMBER 7
VFW HOSTS REMEMBRANCE BANQUET, DANCE**

VFW Post 8185, 520 Susquehanna River Road, Post Deposit, will host a banquet and dance honor-

ing veterans of Pearl Harbor, Philippines, Pacific Theater, Korea and Indochina/Vietnam. Social hours begins at 5 p.m., ceremonies at 6 p.m., banquet at 7 p.m. and dancing begins at 8 p.m. and continues to midnight. Music will be provided by the Rythm Doctors, a 17-piece Big Band. A contribution of \$30 (\$15 is tax deductible to a war veterans organization) is being accepted.

For more information, call 410-642-9297.

**WACVA CHAPTER 70
MEETING**

The Women's Army Corps Veterans' Association, Maryland Free State Chapter #70, will hold its monthly meeting, 11 a.m. at the Aberdeen Senior Center. The agenda includes preparing holiday cards and gift baskets for the hospitalized veterans at Perry Point.

Free State Chapter #70 is dedicated to improving the lives of area veterans, regardless of branch.

Women who have served or are serving in the Regular Army, National Guard and Reserve, Woman's Army Auxiliary Corps, Women's Army Corps and Army Nurse Corps are eligible for membership and are encouraged to sit in on a meeting to see what the chapter is about. Also welcome as associate members are women of the Navy, Marines, Air Force and Coast Guard.

For more information, contact Sheila Smith, president, at 410-273-1687.

**MONDAY
DECEMBER 9
ACS SPONSORS PIE
FOR EFMS**

Army Community Service is sponsoring the Parent Information Exchange for exceptional family members, 6 to 7:30 p.m. at the ACS building 2754. To arrange for child care, call in advance because space is limited. For more information, call Reeshemah Bugg,

EFMP coordinator, 410-278-2420.

**TUESDAY
DECEMBER 10
BAND HOSTS HOLIDAY
CONCERT**

The 389th Army Band (AMC's Own) will host a free holiday concert at 7 p.m. at the Aberdeen Proving Ground Post Theater. However, all attendees must have a ticket to gain entrance to the concert. For tickets, call the 389th Army Band (AMC's Own) at 410-278-4380 or e-mail Bryan.Simson@usag.apg.army.mil by Dec. 5. Provide your name and mailing address so that the tickets can be mailed.

Those 16 and older should bring a photo ID and plan their arrival time to accommodate personal and vehicle searches.

**FRIDAY
DECEMBER 13
CWFTRIPTO DINNER
THEATER**

The Civilian Welfare Fund is sponsoring a trip to the Three Little Bakers Dinner Theater, departing the Aberdeen Area at 4:30 p.m.

The cost is \$49 per person, which includes charter bus transportation, dinner and the holiday show, The Sound of Christmas.

For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

**SATURDAY
DECEMBER 14
WACVA CHAPTER 114
MEETING**

The Chesapeake Beacon, Chapter 114, of the Women's Army Corps Veterans' Association will hold its monthly meeting at the Aberdeen Senior Center, 7 Franklin Street, at 10 a.m.

All women serving in the armed forces are welcome to attend and decide whether they would like to

join the Women's Army Corps as regular members of the chapter (all women serving in the Army, Army Reserve, Army National Guard, Army Nurse Corps, Women's Army Corps and Women's Army Auxiliary Corps), members-at-large (women who do not want to belong to a chapter at this time), or associate members (women in the Air Force, Marines, Navy and Coast Guard).

For more information, call Wanda Story at 410-272-5040 or go to Web site www.wacva.com.

**TUESDAY
DECEMBER 17
HOMELAND SECURITY
WORKSHOP**

A Homeland Security Workshop, "Up Close & Personal," will be held at the U.S. Chamber of Commerce, 1615 H Street, NW, Washington, D.C. open to all Department of Defense, armed forces, law enforcement officials, and private industry.

Experts in homeland security and law enforcement, from the federal government and industry, will be presenting valuable workshops in wireless security, disaster prevention & recovery, identity theft, technical security planning, homeland security and much more.

Technology companies will be on hand demonstrating the latest in homeland security products and related physical security products.

For more information about registration, workshop fees, agenda, speakers, and a complete list of vendors, visit <http://www.fbcinc.com/homelandsecurity>.

For more information, call Mark at 1-800-878-2940 ext. 235 or e-mail mark@fbcdb.com. This workshop is sponsored by The Federal Business Council & The Training Co., in conjunction with the U.S. Chamber of Commerce and PartnerPoint.org.

MOVIES

The Post Theater will be closed Friday, Nov. 29, and Saturday, Nov. 30, for the Thanksgiving holiday.

OC&S LIBRARY

The Ordnance Mechanical Maintenance School library has a portion of its holdings on the FirstSearch database.

Users no longer have to search the old card catalog

to find the title of books held by the library.

This database can only be accessed through computers located in the OMMS library, which is in the basement of building 3071.

The hours are Monday and Friday, noon to 4:15 p.m. and Tuesday through Thursday, 7:30 a.m. to 4:15 p.m.

For more information, call 410-278-4991.

Recognizing American Indian code talkers

Bernard Bossom and William C. Meadows

Native American Veterans Oral History Project

Many Americans have recently been introduced to the American Indian code talkers of World War II. However, like the blind man who touched an elephant's trunk and described that animal as being long and tubular, the current vision of the code talkers is incomplete.

There were 17 tribes, not just one, that provided our military forces in the battlefield with this direct form of voice radio communication. When Indian code talkers were brought into battlefield communications, their monitored messages became wholly incomprehensible to the enemy. Their codes were never broken because the enemy didn't realize that the languages used and the codes built upon them were the languages of different American Indian tribes.

Traditional techniques used codebooks by both the sender and the receiver and could take half an hour or longer to understand. The code talkers, however, would speak, and the listener would translate into English immediately.

Code talkers were also used in World War I. Fifteen Choctaw from the Oklahoma 36th Infantry Division were first used on Oct. 28, 1918, in an assault that overwhelmed the German troops at Forest Ferme in France. They spoke in their everyday language (unencoded everyday language is called Type 2 messaging) and were viewed as responsible for the halt of many German offensives and for important advances by American forces.

As word spread in military circles about their success, other Comanche, Cheyenne, Cherokee, Osage and Yankton Sioux Indians were recruited by other units.

Ironically, at this same time, the U.S. government's official Indian assimilation policy was marked by the prohibition of the use of their native languages by Indian children and adults. The object of this policy was to wholly eradicate the Indian's cultures, religions and languages and forcefully promote Indians assimilation into the white society and to adopt the English language. This policy was largely a failure.

In 1940, the U.S. Army viewed the Nazi conquests as a forecast of an imminent war in which the U.S. would become involved. It recruited Indians to develop new codes that were built upon their native languages.

These codes were even more confounding to a listener — even from the same tribe — who was not trained. (The code built upon a native language was called Type 1 messaging.) This

program included 17 Chippewa and Oneida, 17 Comanche, 19 Sac and Fox (Mesquakie) and, later in 1941, 11 Hopi.

During World War II the Assiniboine, Cherokee, Choctaw Kiowa, Pawnee, Sioux (both Dakota and Lakota), Menominee, Muscogee Creek and Seminole were also recruited for Type 2 code talking. Upon learning of the Army's success, in 1942 the Marine Corps recruited 420 Navajo and began to train them in Type 1 code talking.

The Navajo code talkers performance at Iwo Jima was so critical in that battle that Maj. Howard Conner said, "Were it not for the Navajos, the Marines would never have taken the island."

When World War II ended, a threat of war with the Soviet Union loomed. All code talkers were sworn to secrecy. They took this pledge seriously. In 1997 a reporter telephoned Clarence Wolfguts of the Pine Ridge Sioux to schedule an interview, having learned that he had been a Sioux code talker in World War II.

Wolfgutss wife told the reporter that he had made an awful mistake. "Clarence," she said, "was never any code talker." As it turned out, Wolfguts was a member of the Pine Ridge Sioux code-talker team. For 53 years of marriage, he never broke his pledge of secrecy — not even to his wife.

The Navajo served in the Pacific both in the Corps and, together with Muscogee Creek, in the Navy. Lakota were Army code talkers in several Pacific Island battles. Muscogee Creek were used in the battle of Attu in the Aleutian Islands off Alaska. Comanche served with the Fourth Signal Company in the Fourth Infantry Division Motorized in Europe.

The Navajo have received deserved honor for their military service. However, similar recognition waits for those of the other 16 tribes.

In 1963 Gen. Charles de Gaulle, then president of France, created the new Ordre Nationale du Merite (National Order of Merit), the third highest medal awarded by the French government. Among its first recipients chosen for this high honor in the First Rank were the Comanche code talkers whom de Gaulle acknowledged as being invaluable to the Allied victory in France.

The code talkers continued to work throughout World War II and, later, some served in the Korean War and in Vietnam.

During their long service, their codes were never broken and, while many were killed in combat, not one of them was ever captured.

Army Substance Abuse Program Guide

SHORTS

Alcohol and Drug Abuse Prevention Training program

The Alcohol and Drug Abuse Prevention Training Program, or ADAPT, is a 12-hour comprehensive introductory substance abuse awareness course.

The goal of the training is to increase participants' knowledge about substance abuse, impaired driving, and negative impacts of one's substance abuse on those around him/her.

The course educates the participant in achievable ways to reduce the potential for high-risk behaviors through enhancement and strengthening of individual life skills.

This training is available to military, civilian and retiree personnel.

Referrals are made through the ASAP Clinical and Employee Assistance Programs, support agencies and by self-referral.

For more information, call 410-278-3137/5319.

Unit Prevention Leaders Certification course

This course certifies students in biochemical testing procedures, instructor training and prevention/training of alcohol and other illicit drugs. Graduates become the commander's subject matter experts for the unit Substance Abuse Program.

They conduct urinalysis collections, provide substance abuse training to their units and assist the commander in managing the unit drug testing and prevention program. Successful completion and certification of this course is recognized by the Army Center for Substance Abuse.

The students are Department of the Army UPL Certified and recognized throughout the Army. Training is available to military personnel, E-5 and above, selected by the command to be appointed as a UPL.

The course is offered a minimum of four times a year. Training slots are limited and must be requested through the ASAP.

Quarterly ASAP Basic class

This one hour class is an introduction to the ASAP program and includes an overview of the program and its regulations; military and civilian drug testing programs; and substance abuse prevention education services.

The class is open to all military and civilian personnel and is offered one day per quarter, with four one-hour classes. Class slots are limited.

Reservations can be made by calling the ASAP office.

Getting Off The Hook: Supervisor Training for a Drug Free Workplace

This three-hour class teaches supervisors how to handle an employee who may have a drug problem. Topics covered are:

- Roadblocks that inhibit supervisors from recognizing and dealing with employees who they suspect of having a substance abuse problem
- The signs and symptoms of drug abuse - how it impacts the workplace
- Review of the Federal Drug Free Workplace Act
- How to make referrals to the Employee Assistance Program
- How to coordinate with the Civilian Program Advisory Center

The suggested audience is personnel in supervisory positions, including contractors who supervise other contractors. Any contractor that receives over \$50,000 per year from federal contracts must comply with the Federal Drug Free Workplace Act.

Due to the method of instruction - role-playing, conversation, question and answer - class size should be limited to 30 people.

To schedule a class, call Paul Papp at 410-278-5319 or e-mail Paul.Papp@usag.apg.army.mil

Making Choices

This three-hour class is the compliment to Getting Off the Hook: Supervisor Training for a Drug Free Workplace class.

Topics covered include:

- The signs and symptoms of drug abuse - how it impacts the workplace
- Review of the Federal Drug Free Workplace Act
- How and where to get help if you have a drug problem

- The consequences of substance abuse for a federal employee

The suggested audience is all federal and contract employees. Due to the methods of instruction, class size will be limited to 30 people.

To schedule a class, call Paul Papp at 410-278-5319 or e-mail Paul.Papp@usag.apg.army.mil

Safe Holiday Partying class

This one-hour class looks at current drunk and drugged driving laws in Maryland, other consequences of holiday drinking and drugging and offers tips on celebrating in a sober manner.

The suggested audience is anyone celebrating during the upcoming holidays. Class size will be limited to the space available.

To schedule a class, call Paul Papp at 410-278-5319 or e-mail Paul.Papp@usag.apg.army.mil

Introduction to the Employee Assistance Program at APG

This class reviews what the EAP is, who is eligible for services, how the program can be beneficial to civilians in need and how to make an appointment for services.

The target audience is everyone on post, military and civilian.

This class is appropriate at safety meetings, union meetings and in-briefings for new soldiers or as a lunchtime class for anyone interested.

To schedule a class, call Paul Papp at 410-278-5319 or e-mail Paul.Papp@usag.apg.army.mil

ASAP programs merge to better serve APG community

Yvonne Johnson
APG News

The former Aberdeen Proving Ground Garrison and U.S. Army Soldier and Biological Chemical Command Army Substance Abuse Programs have merged into one program with three sites; building E-4445, Kirk, U.S. Army Health Clinic, building 2501, 3rd floor and in building 2477, the former Red Cross building in the Aberdeen Area.

Headed by Dr. Derrick Copper, APG Drug and Alcohol Control officer, and Diane Hoffman, ASAP Clinical director, the program will hold an open house Dec. 5 at building 2477 to introduce itself to the community.

Scott, prevention specialist, said the focus of the open house is to increase awareness, prevent incidents during the holiday season, and to "let everyone get to know who we are and where we are located."

"We'll offer light refreshments and non-alcoholic beverages to remind party hosts that if you choose to serve alcoholic beverages at your party, also serve food and non-alcoholic beverages," Scott said. "Having designated drivers already picked out, ensures that there is always someone available to get your guests home safely."

Scott has been organizing the open

house since the early 90's and has been with the ASAP since late 1989.

"Joining the ASAP programs will ensure that the very best services are provided to our community and that we remain mission ready," she said.

Copper said the goal of APG ASAP is to enhance the multi-faceted substance abuse program.

"Our mission is to strengthen the command through prevention education, biochemical testing, rehabilitation and referral assistance," Copper said. "Our philosophy is to care with compassion."

He added that the ASAP vision is to be an installation resource for community prevention, providing leadership and direction.

"We work toward providing a drug-free work environment for the members of the APG community," he said.

The program consists of six personnel. Diane Hoffman, clinical director, heads the medical component assisted by Janine Bauer, social worker and substance abuse counselor. Scott and Dadrion Willis make up the biochemical testing program and Troy Denson, Scott and Copper conduct the prevention aspects of the program.

"The merger will bring about a more efficient operation," Hoffman said "We also want to increase command awareness. We want people to know who we are and what we do."

Personnel should realize they do not need an incident to use the program. Self-referrals are encouraged.

"In addition, civilian employees, family members and retirees may use the referral service," Hoffman said. "Active duty military have priority but space permitting we can evaluate their needs and refer them to local agencies."

Bauer said that through increased awareness, early intervention is key. "With our program, we can prevent further problems," she said.

Troy Denson, a former soldier who conducts classes for military and civilians said he emphasizes to soldiers that "a natural high is the best high."

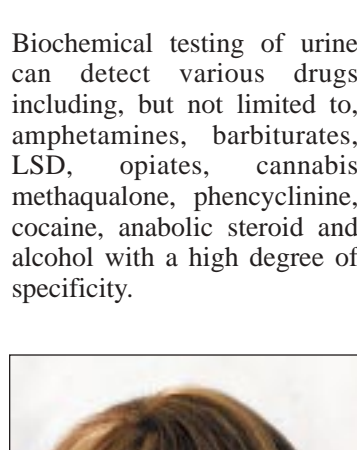
"The young soldiers are most interested in the risks of socializing," he said. They want to know the physical symptoms should someone slip them something. We want to educate them and deter them from drug and alcohol misuse. Most are responsive and understand our purpose.

"Prevention education is the key to awareness and good discussion making for all of us," Scott said. "The new mandatory ASAP prevention education requirements in AR-600-85, 4 hours for military and 3 hours for civilian personnel, reinforce how important the Army feels ASAP awareness training and the program overall is."

Meet the staff



Dr. Derrick Copper
Alcohol and Drug Control Officer
410-278-3810
410-436-4810



Cynthia Scott
Installation Biochemical Testing Program Coordinator/Prevention Specialist
410-278-3784



Diane Hoffman
ASAP Clinical Director
410-278-1716
and



Janine Bauer
Social Worker/Substance Abuse Counselor Clinical Services
410-278-5319



Dadrion Willis
Biochemical Testing Coordinator
410-436-3477

The Biochemical Testing Program was established in 1971 by the Secretary of Defense and is promulgated by DoD Directive 1010.1.



- Getting Off the Hook (Supervisor training)
 - Alcohol and Drug Abuse Prevention Training: ADAPT 12-hour program
 - Quarterly New Personnel Training
 - Youth Prevention
- Resources such as videos, books, pamphlets, visual training aids and Power Point presentations are available.

Employee Assistance Program

410-278-5319/436-4810

These services provide confidential evaluation, counseling assistance and referral services for DA civilian employees, retirees and civilian and military family members.

Civilian Services links employees with:

- Family/Human services agencies
- Marriage/career counselors
- Alcohol/drug counselors and programs
- Community support groups
- Attorneys, physicians and psychologists
- Social workers and clergy
- Financial/credit counselors

Self-referral:

Eligible individuals may call the office to make an appointment for services or discuss concerns.

Management referral:

Supervisors can recommend that employees seek assistance.

Union referral:

The shop steward can advise the union employee to seek assistance.

Medical referral:

The occupational health physician or nurse can refer employees for evaluation or assistance.

(Editor's note: This position is currently vacant. For services, contact Copper, 410-278-3810 or 410-436-4810)

How alcohol, drugs affect driving

Alcohol: beer, wine, whiskey, gin, rum, vodka, tequila, etc.

- Dulls judgment and concentration
- Slows releases and reaction time
- Leads to multiple, blurred and restricted side and night vision
- Hinders muscle control and coordination
- Exaggerates emotions
- Increases drowsiness

Alcohol plus marijuana: Any alcoholic beverage and pot, hash, or T.H.C.

In addition to the effects of alcohol:

- Dulls concentration and reasoning abilities
- Slows reaction time
- Leads to multiple vision and slowed glare recovery time
- Hinders muscle control coordination, maneuvering ability and ability to recognize traffic signals
- Affects short term memory and tracking ability



Increases distraction and drowsiness
Alcohol plus antihistamines: Any alcoholic beverage and cold remedies such as Sudafed, Coricidin

- In addition to the effects of alcohol:
- Dulls judgment and concentration
- Slows reflexes and reaction time
- Leads to multiple, blurred and restricted side and night vision
- Hinders coordination and motor skills
- Increases drowsiness, confusion, and anxiety

Alcohol plus tranquilizers: Any alcoholic beverage and sleep medication such as Valium, Librium, Seconal, etc.

- In addition to the effects of alcohol:
- Dulls judgment and concentration
- Slows reflexes and reaction time
- Leads to multiple, blurred and restricted side and night vision
- Hinders coordination and motor skills
- Increases drowsiness

What is a designated driver program?

www.adcouncil.org

Designated Driver programs are a key component of a community-based comprehensive impaired driving prevention effort.

Combined with highly visible law enforcement, a Designated Driver program gives people the information they need to make informed choices and seek alternatives to driving while impaired. Safe Ride programs provide transportation for persons who plan to drink.

Designated Driver programs typically promote the concept of designating a sober driver, but variations may exist depending on the needs of the community.

An important part of a community-based Designated Driver program is the concept of "Safe Ride." These alternative methods of transportation provide people

who have consumed alcohol with safe rides home. Some are privately funded while others are run through public-private partnerships.

Why are designated driver programs so critical?

Designated Drivers are effective because many of the risks related to impaired driving are removed.

Nine out of 10 Americans who participate in social events where alcohol is available believe that people should use Designated Drivers.

Designated driving programs are simple, requiring as few as two people to operate. The only requirement is that people plan ahead and either select one person to refrain from drinking alcohol or arrange for a safe ride home. Designating

a sober driver in situations where alcohol is present is something that should always be practiced.

Designated Driver programs help convey impaired driving prevention messages to the community, and illustrate the number of ways communities can encourage safe and sober driving practices.

Designating a driver is the most responsible thing an individual can do: and remember, the Designated Driver is not the person who's the most sober.

There are other benefits as well. Designated Driver programs can have a positive effect on people who do not regularly use a Designated Driver or know how to locate a safe ride. People who become aware of the program may be motivated to try to avoid driving after drinking.

Responsible party tips

Tips for party givers

- When your guests arrive, collect their car keys. That way, when they are ready to leave, they must get a second opinion on whether they're sober enough to drive home.
- Always serve food with alcohol, such as high protein and carbohydrate foods like cheese and meats. Food stays in the stomach much longer, which slows the rate at which the body absorbs alcohol.
- Have several jiggers or self-measuring one ounce bottle spouts at the bar to mix drinks. Guests are less likely to drink excessively when standard measures are used.
- If serving alcoholic punch, use a non-carbonated base such as fruit juice. The body absorbs alcohol faster when mixed with carbonation.
- Serve non-alcoholic beverages. It's possible that some guests will not want to drink alcohol.
- Do not force drinks on guests or rush to refill their glasses when empty. Some guests may not wish to appear rude and will accept drinks they do not want.
- Stop serving alcohol about two hours before the party is



over. Guests then have time for their bodies to absorb the alcohol. Serve coffee or other non-alcoholic beverages as well as food.

When the party's over

If a guest has been drinking and shouldn't drive, don't give them back their car keys and let them drive. They could hurt themselves or others, and maybe just a little persuasion not to drive could mean the difference between life and death.

- Suggest that someone sober drive the alcohol impaired friend home. Their car can always be picked up at another time.
- Suggest that the impaired friend stay overnight. This may sound inconvenient, but it could save lives.
- Have the friend taken home in a taxi. Pay for the ride. It's hard to object to a free ride.
- Don't give in. Friends don't let friends drink and then drive. In the morning, the friend will be safe and maybe an even closer friend.

Remember

- One drink equals 5 ounces of 12 percent wine or 12 ounces of 5 percent beer or 1 1/2 ounces of 80 proof liquor.



Photo by YVONNE JOHNSON

Dadrion Willis, left, installation biochemical testing coordinator with the Army Substance Abuse Program, conducts a chain of custody exchange of urinalysis samples with Sgt. 1st Class Joe Bailey, drill sergeant, Company C, 143rd Ordnance Battalion. Bailey is the unit prevention leader.

Calendar

DECEMBER 2

thru 6 ADAPT CLASS

The Army Drug Alcohol Prevention Training (ADAPT) will be held Monday through Thursday, 5 to 7 p.m. and Friday, 5 to 9 p.m. For more information, call Troy Denson at 410-278-3137.

THURSDAY

DECEMBER 5 OPEN HOUSE

The Army Substance Abuse Program staff invites the APG community to visit their new building, 2477 (old Red Cross building), 10 a.m. to 2 p.m. for their "Awareness Open House." This is the staff's first "open house" since the U.S. Army Soldier and Biological Chemical Command and APG Garrison ASAP's merged into one Aberdeen Proving Ground ASAP.

Stop by and meet the staff,

who have many safe holiday celebration ideas to share. The National Drunk and Drugged Driving (3D) Program, running through December is also available for viewing. For more information, call 410-278-3784 or 410-436-3477.

THURSDAY

JANUARY 9 UPL RE-CERTIFICATION COURSE

Unit Prevention Leaders re-certification course will be held from 1 to 4 p.m. All UPLs that did not attend the August re-certification training must attend. For reservations, call 410-278-

3784 or 410-436-3477.

MONDAY

JANUARY 13 ADAPT CLASS

The Army Drug Alcohol Prevention Training will be held, Monday through Thursday from 5 to 7 p.m. and Friday from 5 to 9 p.m. For more information, call Troy Denson at 410-278-3137.

MONDAY

JANUARY 27 UPL CERTIFICATION COURSE

The Unit Prevention Leaders Certification course will be held Monday - Friday, 8:30 a.m. to 4:30 p.m. Commanders are reminded that all nominees must have had a background check initiated prior to attending the course. The course has limited slots call Cindy Scott at 410-278-3784 or Dadrion Willis at 410-436-3477 reservations.

TUESDAY

FEBRUARY 11 ASAP BASIC CLASS

The ASAP Basic Class offers an introduction to the ASAP program and includes an overview of the program and regulations; military and civilian drug testing program; and Substance Abuse Prevention Education services. Class is open to all military and civilian personnel and is offered 8:30 to 9:30, 10 to 11 a.m., 1 p.m. to noon, and 2:30 to 3:30 p.m. Slots are limited in each training. Reservations can be made by calling the ASAP office.



Lights on for Life, Dec. 21

Courtesy of <http://www.ncadd.com/3d/lightson.html>

To alert the public to the dangers of impaired driving, everyone is encouraged to leave their vehicle headlights on during the daylight hours of Dec. 21 — Lights on for Life Day.

This national demonstration, sponsored by the National 3D [drunk and drugged driving] Prevention Month Coalition, is in memory of those who lost their lives to drunk drivers and as a reminder to everyone not to drink and drive.

Did you know?

- During a typical weekend in the United States, an average of one teenager dies each hour in a traffic crash. Nearly 50 percent of these crashes involve alcohol. (*National Highway Traffic Safety Administration, 1999*)
- On average, one person is injured in an alcohol-related traffic crash every two minutes and one person is killed every 33 minutes. (*National Highway Traffic Safety Administration, 1999*)
- If you are arrested for drinking and driving, it will cost you approximately \$5,600. This is equivalent to:
 - One used car or half a payment for a new car
 - 375 compact discs
 - 800 movie tickets
 - 100 pairs of shoes
 - 186 haircuts(*Virginia Alcohol Safety Action Program, 1999*)
- A nation-wide survey of high school students found that 18 percent of females and 39 percent of males say it is acceptable to force sex on a girl if she is stoned or drunk. (*United States Department of Health and Human Resources*)
- Teenagers between the ages of 15 and 19 who drink are seven-times more likely to have sex than someone who doesn't drink and twice as likely to have four or more partners, which makes them more susceptible to sexually transmitted diseases and unwanted pregnancies. (*Office of National Drug Control Policy, 2000*)



MWR

Morale, Recreation & Welfare

Thanksgiving holiday schedule for MWR activities

Directorate of Community and Family Activities
Community and Recreation Division

Activity	Thursday 28 Nov 02	Friday 29 Nov 02	Saturday 30 Nov 02	Sunday 01 Dec 02
Arts & Crafts AA Arts & Crafts EA	Closed Closed	Closed 9 a.m. to 5 p.m.	Closed 9 a.m. to 5 p.m.	Closed
APG Athletic Center	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.
Automotive Crafts	Closed	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.
Bowling Center	Closed	5 to 11 p.m.	1 to 11 p.m.	Closed
Equipment Resource Center	Closed	Closed	Closed	Closed
Exton Golf Course	Closed	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.
Health & Fitness Center AA Health & Fitness Center EA	Closed Closed	Closed Closed	Closed Closed	Closed Closed
Hoyle Gymnasium	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.
MWR Registration	Closed	Closed	Closed	Closed
Library AA Library EA	Closed Closed	Closed Closed	Closed Closed	Closed Closed
Recreation Center AA Snack Bar	12 p.m. to 12 a.m. 3 to 11 p.m.	12 p.m. to 12 a.m. 12 to 11:30 p.m.	12 p.m. to 12 a.m. 12 to 11:30 p.m.	12 to 6 p.m. 12 to 5:30 p.m.
Stark Recreation Center EA Snack Bar	12 p.m. to 12 a.m. 5 to 11 p.m.	12 p.m. to 12 a.m. 5 to 11 p.m.	12 p.m. to 12 a.m. 12:30 to 5:30 p.m.	12 p.m. to 12 a.m. 12:30 to 5 p.m.
Ruggles Golf Course	Closed	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.	8 a.m. to 5 p.m.

The Golf Cup

Mud all over

Tom Green
MWR

Rule 21 appears to be very simple and in practice, it is. It's one of the shortest rules and only merits five decisions in a book of more than 1,000. Rather than telling golfers when to clean the ball, it tells specifically the three times it cannot be cleaned when lifted:

- to determine when it is unfit for play (see Rule 5-3)
- for identification (see Rule 12-2, in which case it may be cleaned only to the extent necessary for identification), or
- because it is interfering with or assisting play (see Rule 22).

If a player cleans the ball in any of these situations, one stroke in stroke play or match play is assessed. A player is not penalized for cleaning the ball after lifting it when not

allowed to lift it.

Also, if golfers breach the process in any of the three "non-cleaning" rules, they incur the one-stroke penalty under the applicable rule, but if they clean the ball, an additional penalty stroke under Rule 21 is not incurred.

In 1946 the USGA added a provision permitting ball cleaning when taking relief from a water hazard, an abnormal ground condition, or when identifying it (only to the extent necessary for identification). It also stated that the penalty for cleaning the ball in play under any other circumstance is two strokes in stroke play or loss of a hole in match play.

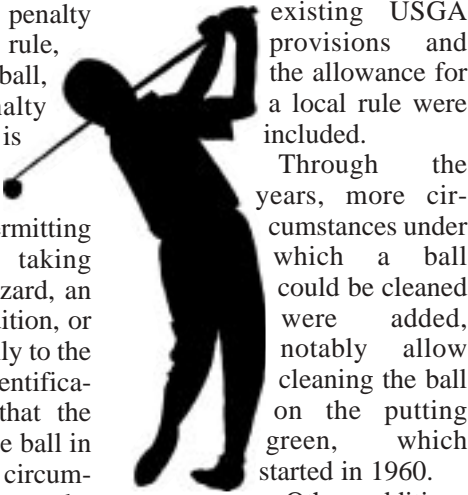
The R&A, which governs the rules in most of the rest of the world, didn't go along right away. In 1950, it opened the door slightly by saying that

a ball in play could be cleaned under a Local Rule. When the USGA and R&A unified the rules in 1952, the existing USGA provisions and the allowance for a local rule were included.

Through the years, more circumstances under which a ball could be cleaned were added, notably allowing cleaning the ball on the putting green, which started in 1960.

Other additions to the "cleaning list" were unplayable-ball relief (1956), immovable-obstruction relief (1968), embedded-ball relief (1980), and when play has been suspended (1984).

Also, the penalty was reduced to one stroke in either stroke or match play in 1980. Finally, the rule makers decided in 1988 it would make more sense to list the instances when cleaning is not permitted.



BOWLING STANDINGS

Wednesday Night
Mixed

Men's High Series

Scratch

Stuart Thacker, 591
Tim Anderson, 52

Women's High Series

Scratch

Ann Thacker, 530
Kathy Anderson, 511

Men's High Game

Scratch

Stuart Thacker, 215
Tim Anderson, 200

Women's High Game

Scratch

Ann Thacker, 210
Kathy Anderson, 185

Thursday National

Guard Mixed

Men's High Series

Scratch

Mike Murphy, 542
Frank Mitchell, 493

Men's High Game

Hay Hulick, 211
Jeff Finkle, 184

Women's High Series

Scratch

Barbara Thibault, 501
Shirley Young, 495

Women's High Game

Scratch

Lucy Montanez, 233
Shelly Burmeister, 232

Thursday Lunch

League

Men's High Series

Scratch

Dave Spagnuolo, 324
Paul Moy, 316

Men's High Game

Scratch

Bob Dowding, 182
Dave Spagnuolo, 176

Women's High Series

Scratch

Kathy Anderson, 351
Dawn Gardner, 315

Women's High Game

Scratch

Kathy Anderson, 181
Dawn Gardner, 169

Saturday Youth League

Girls High Game Scratch

Elizabeth Kempton, 33
Natalie Hanlon, 21

Girl's High Scratch Series

Elizabeth Kempton, 62
Natalie Hanlon, 41

Saturday Youth

League, Rising Stars

Boy's High Series Scratch

Dauvon McCormick, 319
Eric White, 284

Boy's High Game Scratch

Dauvon McCormick, 125
Eric White, 104

Girl's High Series Scratch

Magan Pace, 279
Jessell Cons, 241

Girl's High Game Scratch

Magan Pace, 117
Jessell Cons, 96

Saturday Youth

League- Shooting

Stars

Boy's High Series Scratch

Ethan Knack, 466
Curtis Swauger, 437

Boy's High Game Scratch

Curtis Swauger, 180
Ethan Knack, 170

Girl's High Game Series

Scratch

Ashley Taylor, 420
Stephanie McCaslin, 390

Girl's High Game Scratch

Ashley Taylor, 153
Stephanie McCaslin, 138

Activities

Longwood Garden Christmas

Join MWR Dec. 7 to see how Longwood Gardens works its magic after dark with more than 400,000 tree lights. Strolling Yuletide singers, musical fountain displays and choral performances compliment the sounds and sights of the season. The cost is \$25, and tickets must be purchased by Dec. 2 at ITR/MWR Registration. For more information, call Earlene Allen at 410-278-3854 or e-mail earlene.allen@usag.apg.army.mil.

Golf holiday sale

Don't miss the golf savings Dec. 2, 3 to 7 p.m. at Ruggles Pro Shop for discounts on Titleist, Taylor Made, Mizuno, Maxfli, Callaway, Foot Joy, Spin Doctor, Slazenger, Divots, Cutter & Buck, Sport Haley and more, including free gift wrapping. For more information, call Tom Green at 410-278-4794 or e-mail tom.green@usag.apg.army.mil.

Army vs. Navy game

Join MWR for one of the greatest rivalries in college football, West Point versus the Naval Academy, at the Meadowlands Stadium in East Rutherford, N.J., Dec. 7. A bus departs the Aberdeen Shopping Center at 8 a.m. and returns at 7 p.m. Tickets cost \$83 and must be purchased by Nov. 27 at ITR/MWR Registration. For more information, call Stacie Umbarger at 410-278-3931 or e-mail stacie.umbarger@usag.apg.army.mil.

Gingerbread house creations

Get into the holiday spirit this year by constructing gingerbread houses on Dec. 7, 9:30 a.m., in the AA Recreation Center. Bring a sturdy plate and a box of graham crackers. Register by Dec. 2 at Aberdeen Area Youth Services; the cost is \$18. For more information, call Donna Coyne at 410-278-3929 or e-mail donna.coyne@usag.apg.army.mil.

Holiday ski rentals

The Equipment Resource Center is offering special ski rental rates over the Thanksgiving holiday. Customers may rent a pair of skis from Nov. 27 to Dec. 2 for \$14. Rentals must be picked up after 3 p.m., Nov. 27 and returned by noon, Dec. 2.

Ski season runs from Dec. 1 to March 31. Ski rentals for the full season costs \$125, including four free tune-ups. Also snowboards and boots for the season run \$200, including four free tune-ups. Mid-season rates, beginning Feb. 1, consist of a ski set for \$75 and snowboards at \$125.

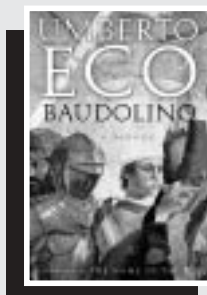
There are 50 ski areas within a two-hour drive of the APG area. Some of the larger resorts include Hagerstown and Cumberland, Md., and Gettysburg, York and Altoona in Pa.

Patrons may call the ERC, Monday through Friday, 10 a.m. to noon, to get the morning ski report. For more information, call, 410-278-5789 or e-mail outdoorrecreation@usag.apg.army.mil.

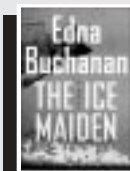
LIBRARY BOOK CORNER

The APG Garrison Library has the following books for your reading pleasure:

The APG Garrison Library has added the following new books to the children's and young adult collection:



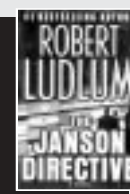
Baudolino by Umberto Eco
April 1204, Constantinople, the capital of the Byzantine Empire, is being sacked and burned by the knights of the Fourth Crusade. Amidst the carnage and confusion, one Baudolino saves a historian and high court official from certain death at the hands of the crusading warriors and proceeds to tell his own fantastical story.



The Ice Maiden by Edna Buchanan



Proof of Intent by William Coughlin



The Janson Directive by Robert Ludlum



Blackwood Farm by Anne Rice



The Thousand Orcs by R. A. Salvatore



The Glorious Cause by Jeff Shaara

To receive a complete listing of the library's new materials via e-mail and also reserve items electronically, call the library at 410-278-4991. Operating hours of the Aberdeen Area Library, building 3320, are Saturday and Sunday, 1 to 5 p.m., Monday, Wednesday and Thursday, 11:30 a.m. to 6:30 p.m. The Edgewood Area library is open on Tuesday, 11:30 a.m. to 6:30 p.m. For information, call 410-436-3589.

APG SCHOOL LIAISON

HARFORD COUNTY
KIDS—A PARENTING
MAGAZINE

Starting in December, the School Liaison/Youth Education Office, building 2752, Room 200, will have available for APG parents "Harford County Kids." This is a resource for parents with school age children in Harford County.

The November 2002 issue features such topics as a Kindergarten Readiness Checklist, Developing Healthy Habits, When Kids Weigh Too Much, Teens and Curfews, Busy Kids-So Much To Do, So Little Time, Preventing Plagiarism, and Allowances: Learning the Ropes of Economics Early, just to name a few. There is also a family fun guide with a calendar of local activities and events.

SCHOOL GUIDE
AVAILABLE

A limited number of copies of "School Guide for Harford/Cecil Public and Non-Public Schools" are available at the APG School Liaison/Youth Education Office.

If interested in topics such as homework help resources, Harford/Cecil county non-public school council, the tutoring option, saving for college,

what kids need to succeed, a blueprint for parenting or other parenting-school issues, visit www.harfordcountykids.com.

SAT/ACT
PREPARATION

Harford Community College has on-line courses in SAT/ACT Preparation in both 'verbal and math' for high school students at www.ed2go.com/harford or call 410-836-4376.

For more information about SAT Preparation and 'verbal' classes at Bel Air High School, call 410-836-4376.

CHILDREN'S BOOK
WEEK/MONTH

To help children become better readers and develop a love for reading books, make every week or month a special time in the home to read and discuss a book being read. Reading is a key foundation block for success in school at all levels.

Parents interested in starting a book discussion group at either the Aberdeen or Edgewood Youth Center or in their neighborhood should contact Ivan Mehosky at cell phone, 410-322-0181, or e-mail at ivan.mehosky@usag.apg.army.mil



— Army News —



War trophies can be dangerous, illegal

Spc. Randy Randolph
Army News Service

Throughout history, soldiers serving overseas have returned home with souvenirs and relics to remember their tours. Many war related items on display in museums were brought over by individual service members.

Although it is tempting for soldiers to bring back reminders of having served in a military campaign, there are strict guidelines regarding these trophies for troops participating in Operation Enduring Freedom.

“Different operations and areas of responsibility will have different rules on prohibited activity regarding souvenirs,” said U.S. Army Special Operations Command Deputy Staff Judge Advocate, Lt. Col. Kevin Govern. “Aside from U.S. legal restrictions, there may be Department of Defense, unified command and combined or joint task force regulations and orders proscribing certain activities and allowing others.”

It is important for soldiers to realize that with few exceptions, taking or retaining individual souvenirs or trophies is prohibited in Afghanistan under Combined Joint Task Force-180 guidelines, Govern said.

“This prohibition does not include the lawful acquisition of souvenirs that can be legally imported into the United States,” Govern said.

Soldiers should be careful when bringing personally acquired items back home because that property may have use for military intelligence or study, Govern said.

Private or public property may be seized during exercises or operations only on order of the commander, when based on military necessity, he said.

“Property that has been taken during specific operations should be collected, processed, secured and stored for later

return to the lawful owner,” Govern said.

Soldiers are not allowed to bring weapons, munitions or military articles of equipment back to the United States if those items were not officially issued, Govern said. Shipping weapons outside of the Central Command area as personal property is a punishable Uniform Code of Military Justice offense.

“There is a very narrow waiver of this prohibition,” Govern said. “Antique firearms and replicas legally obtained in Afghanistan manufactured in or before 1898 are allowed.”

Govern said that service members interested in purchasing an antique firearm and importing it into the United States should obtain a copy of the partial waiver under general order 1A, dated June 25 from their servicing judge advocate.

Staff Sgt. Brett Hutchings, 35th Signal Brigade network controller, followed general order 1A when he purchased an 1856 musketoon rifle in Afghanistan and had it shipped home. The antique weapon was used by the British in their war with Afghanistan in the late 19th century.

“Certain antique weapons are hard to find in this part of the world,” Hutchings said. “When I found this one, I followed general order number 1A by contacting the provost marshal to get the proper documentation. I contacted the judge advocate general, filled out a sworn statement and had the inspector general sign off on it. If I got stopped on the way back with this weapon, I knew I had documentation to let other people know I met the requirements.”

Young soldiers who are deployed to foreign lands often try to acquire souvenirs so they can remember having served their country or to sell items to people who will never get a chance to leave the United States, Hutchings said.

“Whatever reason someone is bringing something back, all they have to do is follow the rules to the letter,” Hutchings said.

“Don’t try to interpret the rules yourself. Follow the regulations as they’re set up and nobody should have a problem.”

Fayetteville’s Airborne and Special Operations Museum Historian, Dr. John Duvall, said that although current regulations regarding what soldiers may bring back from OEF are very strict, it hasn’t always been as difficult for individual soldiers to bring war trophies home.

“In past years, during World War II and Vietnam, soldiers could bring semi-automatic weapons back. We’ve received a number of weapons from individuals, including explosives,” Duvall said.

Duvall encourages current and retired soldiers to bring weapons to museums. He said that explosive items and old rifles sitting in storage can be very dangerous.

“Any weapon from any war should be turned in or disposed of properly,” Duvall said. “We all like a souvenir to show our involvement in a conflict, but what better place to turn these items in than a museum? Having something associated with the battles our soldiers fought is important, it helps tell the story of what these soldiers did. These things really should be brought back through the proper channels.”

Soldiers are encouraged to follow proper guidelines concerning souvenirs because they might actually be bringing back contraband, Govern said.

He stressed that anyone violating Central Command or general order 1A guidelines will be punished under the UCMJ.

Soldiers with questions regarding what can be brought back to the United States from their individual areas of responsibility should contact a servicing judge advocate, military police customs office or the post office.

(Editor’s note: Spc. Randy Randolph writes for the Fort Bragg Paraglide newspaper.)

Army announces new Reserve Component unit stop loss policy

Army News service

The Army Leadership has determined that the current total Army approach on stop loss does not fully support unit readiness in the Army’s Reserve Components (Army National Guard and United States Army Reserve). The Guard and Reserve are primarily tasked to provide mobilized units in support of Operations Enduring Freedom, or OEF, and Noble Eagle, or ONE, rather than to provide individual replacement fillers for active Army units.

To date, when Individual Ready Reserve soldiers have not been available, RC units have been forced to fill empty billets with individual replacements from non-mobilized RC units. Attrition from the mobilized unit and the need to take replacements from other units has eroded RC unit readiness. On Nov. 4, in support of ONE and OEF, Assistant Secretary of the Army (Manpower and Reserve Affairs) (ASA (M&RA)) Reginald J. Brown approved a new RC unit stop loss policy.

This new policy affects both active Army and Ready Reserve soldiers.

Hereafter, this new policy establishes stop loss upon an RC unit’s alert notification and continues through the period of mobilization until 90 days after demobilization. This policy is referred to as RC Unit Stop Loss, and applies to RC units currently mobilized and to all future RC unit mobilizations.

Active Army soldiers presently assigned to or who may be assigned to RC mobilized units in the future remain under the Army’s 12-month Soldier Stop Loss policy.

The current 12-month, skill-based soldier stop loss policy remains in effect for Ready Reserve soldiers subject to the RC Unit Stop Loss Policy, as modified below: Under RC Unit Stop Loss, Ready Reserve soldiers subject to the 12-month, skill-based stop loss may voluntarily separate or retire only upon completion of their 12-month period of stop loss (which begins running at the point that the soldier first

becomes subject to the skill-based stop loss policy) or 90 days after demobilization, whichever is later. Thus, skill-based stop loss runs concurrently with the RC unit stop loss period.

This decision affects over 25,000 RC soldiers currently subject to stop loss. Personnel strength managers from all Army components will regulate separation dates to ensure no adverse impact on Army-wide readiness.

Reginald J. Brown, assistant secretary of the Army (Manpower and Reserve Affairs), has approved four increments of stop loss in support of ONE and OEF, dated Nov. 30, 2001; Dec. 27, 2001; Feb. 8, 2002 and June 4, 2002. The first increment focused on Active Army Special Forces soldiers and certain Aviation specialties. The second and third increments expanded the previous coverage to include additional skills and specialties, and to include members of the Ready Reserve. The fourth increment lifted stop loss for selected skills from Stop Loss 1 to 3 and included additional

skills and specialties, to include members of the Ready Reserve, for Stop Loss 4.

Additionally, On Aug. 31, Brown changed the overall stop loss program from an open-ended policy to one of only 12 months duration by approving the 12-month Soldier Stop Loss Policy. Prior to ONE and OEF, the Army last used stop loss during Operation Desert Shield/Desert Storm in 1990 when President George H. Bush delegated stop loss authority to the Secretary of Defense.

Stop loss does not affect most involuntary separations or retirements, nor does it generally limit laws, regulations, or policies that lead to involuntary separations, retirements, or releases from active duty.

The Army continues to reevaluate stop loss on a monthly basis and to use it as a tool to maintain unit readiness.

Soldiers should contact their servicing personnel activity for more details or questions.

DoD looking at changing reserve, active mix

Courtney Brooks
Army News Service

The Department of Defense is looking at changing the reserve- and active-component mix, according to its top civilian leader.

Secretary of Defense Donald H. Rumsfeld made that observation Nov. 4 to the Pentagon press corps amid questions of reports that Reserve and National Guard soldiers were being ovetaxed with mobilization requirements since last year’s terrorist attacks on this nation.

“There’s no question but there are a number of things that the United States is asking its forces to do,” Rumsfeld said. “And when looking at what those things are, we find that some of the things that are necessary, in the course of executing those orders, are things that are

found only in the Reserves.”

Within the Army, the Selected Reserve elements of the Army National Guard and Army Reserve comprise 54 percent of the force, as of September, according to the Office of the Assistant Secretary of Defense for Reserve Affairs. These units provide essential combat, combat support, and combat service support to the Army. For example, by percentage of the Army, the Reserve provides the following capabilities: chemical brigades (100 percent), water supply battalions (100 percent), public affairs (82 percent), civil affairs (97 percent), medical brigades (85 percent), psychological operations units (81 percent), engineering battalions (70 percent), and military police battalions (66 percent).

Rumsfeld said that DoD is considering how it might

migrate some active activities that are not always going to be needed into the Guard or the Reserve and vice-versa.

When asked about the opinion that the Total Force Concept is at risk due to repeatedly calling back reservists, Rumsfeld responded that you would still have a TFC with a certain amount of active soldiers and a certain amount in the National Guard and Reserve.

“But you’d have it better allocated between the two so there would be less stress on Guard and Reserve on a continuing basis, since we are able to see what those things are,” Rumsfeld continued.

Currently, 57, 721 men and women have been called up in the National Guard and Reserve, according to Department of Defense statistics.

PERSCOM replaces all e-mail addresses with AKO

Capt. John L. Barrett
Army News Service

In terms of personnel business, Army Knowledge Online became the official e-mail for all soldiers this month.

U. S. Army Personnel Command replaced all soldier e-mail addresses currently in its database with AKO addresses. Officer record briefs, for example, now contain the us.army.mil address in the top left-hand corner, not what was previously listed. Enlisted soldiers’ AKO addresses are also required on efficiency reports to shorten contact time when an NCO-ER requires a correction.

Previously, various unit and personal e-mail addresses were saved in the Army’s personnel database. Some remained current while others were not updated after soldiers moved away from an installation.

“We want every officer and soldier to be accessible,” said Lt. Col. Georgia Bouie, whose office headed the e-mail trans-

fer. “The only way to ensure that is to use a common e-mail address that the soldier will have for his entire life.”

AKO e-mail is currently used for a variety of official purposes, such as correspondence from career managers and the electronic mailing of travel voucher settlements from DFAS.

The change was implemented at PERSCOM, with no action required on the part of soldiers. Soldiers without AKO addresses will not have a contact e-mail in their database. Soldiers who do not currently have an AKO address should sign up for an account from the Army Knowledge Online Web site at www.us.army.mil, officials said.

AKO e-mail is just one of the various features of the larger AKO initiative. It includes functions such as AKO chat — which allows soldiers to communicate electronically in real time — and the AKO White Pages, where soldiers can

search for other soldiers. AKO provides troops access to functions normally included in the electronic communities of the private sector, officials said.

AKO was designed as a central place for soldiers to receive information. Personalized information can be sent directly to them via their AKO e-mail account. The Army can use this similar to how businesses use e-mail to provide information to their customers, PERSCOM officials said. They said information about assignments, professional development opportunities, and re-enlistment can be sent to the field quickly — saving both time and money.

AKO e-mail can be read through the AKO Web site or can be forwarded to other e-mail accounts owned by the soldier for convenience. Mail forwarding can be implemented by choosing the “personalize” tab once inside the AKO portal.

Marine Corps Toys for Tots drive underway

Deer Creek Archery, 3021 Churchville Road in Churchville, is an official Marine Corps Toys For Tots collection location. One new toy could mean the difference between a smile and another day of disappointment to a needy child.

Now through Dec. 22, unwrapped toys can be

dropped off at the Pro-Shop Monday and Thursday, 4 to 8 p.m.; Tuesday, Wednesday and Friday, noon to 9 p.m.; and Saturday and Sunday, 10 a.m. to 8 p.m.

For directions or further information, visit Web site www.deercreekarchery.com or call 410-734-9554.

Fewer NCOs to be promoted in November

Dan Hassett
Army News Service

The Army will promote fewer mid-level noncommissioned officers in November than it did in the last two months because more sergeants first class chose to stay in the Army.

The Army projects 2,541 promotions to the ranks of sergeant through sergeant major Nov. 1, down from nearly 4,800 in October and more than 5,100 in September.

“Promotions are down because we are retaining more E-7s,” said Lt. Col. Jenelle Roberts, chief of the Enlisted Professional Development Branch at the Pentagon.

“The enlisted strength is up at that grade, so we don’t need to promote into that grade,” Roberts said. “When that happens, we don’t get the ‘pull-through’ effect on the next lower grades.”

Roberts explained the “pull-through” effect as the creation of promotion slots at lower levels by promotions to higher ranks. A slowdown at one of the higher grades suppresses advancements in lower grades.

“We strictly promote to requirements,” Roberts said. “That’s why we have the roller coaster effect from month to month.”

“December also looks low (for promotions),” Roberts said, “but as we go into the new year, they start to creep up. We’ll be back on track by mid- to late winter.”

Promotion projections are made on an annual basis, Roberts said, based on loss projections of the previous year. She said the annual rate of promotions is about on target despite monthly fluctuations.

Think safety when shoveling snow



Marguerite Towson
APG News

For those without the luxury of snowblowers, shoveling snow still remains the tried and true method of removing snow from the driveway and sidewalks.

Shoveling is strenuous exercise and the body needs to

prepare for the workout.

The heart is over-worked when shoveling, and if overweight or inactive, the impact of sudden exertion on the heart can be a fatal mistake.

Consult with a doctor about the risks of snow shoveling and get medical clearance before embarking on the challenge.

Many back and neck injuries occur in the winter as a result of shoveling snow. With just a few suggestions, you can protect your back and neck from potentially painful injuries.

Most people are less active during the winter, so it's wise to take it easy. Don't attempt to shovel the entire driveway or sidewalk at one time. Take breaks and clear one area at a time, especially if not physically fit.

Follow safe lifting and bending guidelines when shoveling snow to protect against injuries. To pick up a shovel

from the ground or lift a heavy slab of ice, bend at the knees, grasp the object with both hands and lift with the legs slowly and carefully. Don't fill the shovel to maximum capacity.

Always be sure of footing on ice and in bumpy snow before shoveling or lifting.

When using a snow shovel, grasp the handle while elbows are slightly bent. Try not to bend over too much while working. Work with arms and legs, not your back. Throw the snow forward with your arms, not from side to side. Consider using an ergonomically designed snow shovel.

Keep back straight and take the weight of the loaded shovel through the legs and arms. Wet snow can be heavy.

After shoveling, if muscles are sore - a normal response to using muscles not used all year - apply an ice pack to reduce the feeling of swelling. To ease stiff muscles try a warm bath, with a handful of Epsom salts,

and soak for 20 minutes.

If feeling pain that radiates or travels into the arms or legs, stop shoveling immediately - this type of pain can signal harm to disks and nerves in the spine. If experiencing chest pain, shortness of breath and/or tingling in the left jaw, neck, shoulder or arm, stop immediately and get medical attention.

Warming up prior to shoveling snow is as important as warming up to exercise.

For those who are fit enough to shovel, these simple stretches will help with the task.

- Rotate wrists to the left and the right 10 times. Do the same with ankles.
- For the following stretches, hold each stretch for 10 to 15 seconds and repeat three times.
- Start with the neck and shoulder; bring right ear towards right shoulder. Hold. Release. Alternate.
- Bring right arm across the chest and pull elbow with left

hand. Hold. Release. Alternate.

- Lie on back with knees bent. Bring one knee to chest, pull gently towards stomach. Hold. Release. Alternate.
- In the lying down position, straighten one leg, raise it up as far as possible, reach out and gently pull the straight leg towards nose. Hold. Release. Alternate.
- From a standing position (hold on to a chair or a wall

while doing this), slightly bend right knee and pull left ankle towards buttocks. Hold. Release. Alternate.

- Facing a wall, with body on an angle, push heels into the floor. Variation: Stand with toes on the edge of a stair, and let heels drop slightly.

After finishing the shoveling, perform the same stretching exercises as above.



Cold weather tips

DIO

Now is the ideal time to prepare homes for the cold months ahead.

Performing a few quick and easy maintenance chores could save homeowners a lot of time and money later.

- Disconnect exterior hoses on outside and turn off all outside faucets.
- When the outside temperature is 32 degrees or below, leave inside faucets dripping to avoid frozen water lines. Open cupboard doors to provide some heat.
- Minimize street parking when snow or ice removal is required.
- Clean or replace furnace filters monthly. Check the thermostat to be sure it is working properly and the pilot light is functioning.
- Check the chimney. If the fireplace hasn't been used in a while, have it checked for animals, debris and leaves. Consider installing a screen over the chimney opening.
- Clean gutters and ridge vents. When gutters are clogged, rainwater backs up. If the temperature drops below freezing,

standing water freezes causing the gutters to expand and crack. The ridge vents need to be cleaned to allow the house to "breathe" correctly. Otherwise, air will stagnate and create an unhealthy environment.

- Make sure smoke alarms and carbon monoxide detectors are in working order. Check the batteries regularly. If alarms or detectors emit a light to signal, they are working, make sure the light is on.
- Check the caulking around doors and windows. Cracked and peeling caulk allows heat to escape. In addition, insure that the doors and windows shut tightly and no cold air is coming in.
- Keep snow accumulations away from heat pumps.
- Shovel snow from sidewalks and spread ice melt available from the Re-Nu-It Centers.
- Do not use hot water to melt ice/snow, it will turn to ice later.

To request service in post housing call the Aberdeen Area Service Order Desk at 410-306-1400, or the Edgewood Area Service Order Desk at 410-436-3731.

Winter driving tips

DIO

- Clear all windows, head and taillights of snow before driving.
- Allow the car to warm up first.
- Approach stop signs and traffic lights slowly to prevent skidding into on-coming traffic.
- If skidding begins, to regain control,take your foot off the gas, and turn the wheels in the direction of the skid.
- Keep plenty of room between you and the car ahead.
- Allow plenty of time to reach destination.
- Have all-weather radial tires on the car with sufficient tread for traction.
- Fill the windshield washer reservoir with fluid that is guaranteed not to freeze to at least - 20 degrees Fahrenheit.
- Carry a pair of jumper cables in case of a dead battery.
- Carry a shovel to dig out and a 10 pound bag of kitty litter for traction when getting stuck in the snow.

Mail packages overseas early

Postal Service officials recommend that letters and packages addressed to Army Post Office (APO) or Fleet Post Office (FPO) zip codes be mailed by the following dates to ensure delivery by Christmas:

Standard mail - Nov. 6
Space available mail - Nov. 27
Parcel airlift mail - Dec. 4
First class and all priority mail - Dec. 11

International mail should follow the schedule below:

Delivery Address	Air letters and cards	Air parcel post	Surface
Africa	Dec. 9	Dec. 9	Nov. 1
Asia/Pacific Rim	Dec. 16	Dec. 16	Nov. 6
Australia/New Zealand	Dec. 16	Dec. 16	Nov. 6
Canada	Dec. 16	Dec. 16	Nov. 23
Caribbean	Dec. 16	Dec. 16	Nov. 20
Central & South America	Dec. 9	Dec. 9	Nov. 6
Mexico	Dec. 16	Dec. 16	Nov. 23
Europe	Dec. 16	Dec. 16	Nov. 13
Middle East	Dec. 16	Dec. 16	Nov. 1

APG closing announcements

If the installation is closed, is experiencing a delay in opening or if liberal leave is in effect due to weather or other emergency situations, check for postings on the local television and radio stations (listed below),WAPG-TV Channel 3 (on Aberdeen Proving Ground), or call 410-278-SNOW (7669). A recorded telephone message will contain updated information and should begin at about 5 a.m.

Announcements about federal offices in the greater Baltimore metropolitan area do not apply to APG; listen for those that name APG specifically.

For general information, call 410-278-1147, the APG Public Affairs Office.

The radio and television stations are:

Station	Frequency	Location
WAMD	AM 970	Aberdeen
WXCY	FM 103.7	Havre de Grace
WBAL	AM 1090	Baltimore
WIYY	FM 97.9	Baltimore
WPOC	FM 93.1	Baltimore
WDEL	AM 1150	Wilmington, Del.
WSTW	FM 93.7	Wilmington, Del.
WSBA	AM 910	York, Pa.
WARM	FM 103.3	York, Pa.
WROZ	FM 101.3	Lancaster, Pa.
WBAL-TV	Channel 11	Baltimore
WMAR-TV	Channel 2	Baltimore
WBFF-TV	Channel 45	Baltimore
WJZ-TV	Channel 13	Baltimore

LEAVE DONATION

Employees eligible for donations in the Voluntary Leave Transfer Program are:

Beginning immediately, the new forms to use for the Voluntary Leave Program are OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and

Mary A Banaszak	Tricia Lin Dietz	(surgery)
Fay Walker Banker (hip replacement)	Fred Dill	Marcia Johnson (caregiver for daughter)
Marian Bellis (fracture of left tibia)	Joseph R. Dugan	Marlin Julian (heart surgery)
Gretchen E. Blethen	Messina Enderlein	Wayne Erb (wife is ill)
Bonnie Bromley (liver transplant)	Patty Gibson	Mary B. Kane (surgery on leg)
Daniel Brown (father has emphysema)	Joyce C Green	Jennifer Keetley (maternity)
Tammy Budkey	Edgar W. Greer	Beverly King (caring for husband)
Jane E. Calahan (surgery)	Michael L. Hitchcock (surgery)	William Klein
Patricia D. Choate	Fern L. Hitchcock (surgery)	Anita L Koller care for husband)
Nancy Coleman-Jones (surgery)	Melanie A. Hoffman	Carrie L. Lambert
Tracy H Coliano-Hirsch (maternity)	(parasinusitis, fibromyalgia condition)	Angela R. Little (neck and shoulder injury)
Geraldine S. Cragg	Beverly A Higgins	Edna L. Lobodzinski (eye surgery)
Dawn M. Crouse (surgery)	(surgery)	William B. McLean (kidney failure)
Jessica L. Dang (maternity)	Stephen Howard (bone marrow transplant)	
Rene de Pontbriand	Theresa L. Hutchins	
	Wayne A. Jaynes	
	Evelyn K. Johnson	

OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Employees leaving the program should contact Dave Mial, 410-278-1524, to complete a termination form.

Rebecca G. Mercer-Leto (heart attack)	nity)	Cecelia Walton (respiratory problems)
Stacy Miller (maternity)	Allan Scarborough (back surgery)	Michelle L. Watters
Michelle Millary (taking care of father)	Jennifer W. Sekowski	Beverly A. Werner (surgery)
John E. Mogan (surgery)	Sherry Schaffer	Michael R. Willard
Cecil Pennington (surgery)	Diane Scott	Charles Young (kidney and pancreas transplant)
Debi L. Petosky (back surgery)	Lena Shelton	Ludilina O. Valarao (surgery)
Karen S Pense	Teresa L. Shores	Andrew M. Vaught (brain tumor removed)
Mary E. Pettitway	Debra S. Stark (surgery)	Wanda L.Waldon (surgery)
Linda M. D. Queen	Colvin J. Strickler II	*Colleen Waller
Barbara Carol Remines (surgery)	Rachel Swearingen	Josephine O. Wojciechowski (care for elderly parents)
Michael Reynolds	Walter J Swiderski	
Boyd J. Richards (care of mother)	Hilary P.Talbot	
Denise Robinson (maternity)	Jorta J.Thomas-Murcia (surgery)	
Ricky Ross (heart attack)	Alison Tichenor (surgery)	
Tami C. Rowland (maternity)	Sandra M. Wachter (surgery)	
	Rosalind Walters-Kenion (maternity)	

For information about donating annual leave, call Dave Mial at 410-278-1524 or fax 410-278-7877. (*An asterisk indicates employees working at the APG office of the U.S. Army Research Laboratory. Call Susan Goldberg, 301-394-1080, regarding ARL employees.)



From left, Ken Singleton, Outdoor Recreation Equipment Resource Center manager, and Bane Lawson, recreation assistant, pull maintenance on a pair of boots in preparation for the start of ski season.



Visit the redesigned
APG News Web site at
www.apgnews.apg.army.mil.

Outdoor Recreation gearing up for ski season

Story and photo by
Yvonne Johnson
APG News

Aberdeen Proving Ground winter sports fans can count on a ready supply of equipment for the upcoming ski season, thanks to preparations by Outdoor Recreation's Equipment Resource Center staff.

Led by ODR manager Wayne Doyel, and ERC manager, Ken Singleton, the staff has prepared skis, snowboards, boots, poles and other supplies for the popular sport in anticipation of a busy winter.

Doyel said the center offers a complete ski service that includes equipment rental and maintenance.

"All the waxing and sharpening of skis is done on site by a knowledgeable staff," Doyel said.

Other available equipment includes car tops, snow tubes and even canopies, tables and chairs for parties, he added.

The ERC is open seven days a week, with no equipment issues on Monday. The hours are Monday to Thursday, 10 a.m. to 5 p.m.; Friday, 10 a.m. to 7 p.m., and weekends, 7 a.m. to noon.

"We allow equipment pick-up one day prior after 3 p.m. at no extra charge," Doyel said.

Doyel gave credit to the staff for a smooth-running operation that caters to its customers. Staff members include Mary Brausseau, administrative operations chief; Ed Delacruz, recreation specialist and manager of the Chesapeake Challenge, Woodpecker and Skippers Point, pool and picnic recreation areas; Maria Arango, recreation aide and Bane Lawson, recreation assistant and a fixture in ODR since 1966.

"Few people know more about maintaining

this kind of equipment than he does," Doyel said of Lawson.

The staff maintains a card file on regular customers that contains all equipment requirements such as boot sizes.

"It can take more than an hour to take the information and load the items," Doyel said. "With this system, we already know what you need and can get you on your way quicker."

He credited the staff with maintaining the operation that strives to satisfy its customers.

"For a medium-sized installation, we have pretty good resources," Doyel said. "Our people are enthusiastic and focused on making things happen. Anything to serve the community."

The ERC is offering an early ski season special over the Thanksgiving holiday to thank the community for its patronage.

Patrons may rent a set of skies Nov. 27 to Dec. 2, for \$14. Skis must be picked up after 3 p.m., Nov. 27, and returned by noon, Dec. 2.

Ski season runs from Dec. 1 to March 31. A season rental for skis is offered for \$125, including four free tune-ups. Snowboard and boot season rentals are \$125, also with four free tune-ups.

Mid-season prices, starting Feb. 1, include skis for \$75 and snowboards for \$125.

Patrons may call the ERC from 10 a.m. to noon for the morning report, or e-mail: outdoor.recreation@usag.apg.army.mil.

There are 50 ski areas within two hours driving time or less from APG. They include Hagerstown and Cumberland, Md., and Gettysburg, York and Altoona, Pa.

Christmas tree safety

DIO

- * Use caution when purchasing a live tree. Check for freshness by shaking the tree a few times. If only a few needles fall off, the tree is fresh.

- * Keep the tree outside and cover the trunk with snow or put it in water until you are ready to decorate it.

- * Once inside, cut a small one-to-two inch diagonal slice off the bottom of the trunk. Keep the stand full of water. This will keep the tree fresh and green while reducing the risk of fire.

- * Choose a safe location - clear of heating ducts, open flames, fireplaces, doors, or other moving hazards.

- * Set the tree up in a stable tree stand.

- * Use tree lights that bear the Underwriters' Laboratory (U.L.) label, and check the strings for signs of wear and tear. Do not use lights that are frayed or operate with missing or broken bulbs.

- * Exercise care with extension cords. Use no more than three sets of lights per extension cord. Do not place the cords under rugs or in paths of travel.

- * Check smoke detectors. If battery powered, the batteries should be changed twice each year. The Fire Department suggests changing the batteries when adjusting clocks for Day Light Savings.

- * Dispose of the tree by recycling or discarding by state or local regulations. Never burn the tree. Dry trees throw off a tremendous amount of heat and can create a dangerous fire.



NCOA supports Diabetes Walk

Story and photo by
Yvonne Johnson
APG News

Members of the U.S. Army Ordnance Center and Schools Noncommissioned Officer Academy supported the annual America's Walk for Diabetes held Oct. 20 in Havre de Grace.

Advanced Noncommissioned Officer Course class 0103 and Basic Noncommissioned Officer Course class 35-02 assisted organizers with setting up, hosting, performing odd jobs and cleaning up for the 5-kilometer walk that benefits the American Diabetes Association.

"We knew we could rely on NCOA to help us out," said Virginia Davis, the event chair. "All they asked is 'what, when and where.'"

Sgt. 1st Class Harold Francis, ANCOC senior group leader, led the detail of nearly 50 soldiers who erected booths, unloaded supplies and refreshments, passed out tee shirts to participants and cleaned the area at the event's conclusion.

"We participated last year as part of our community service requirement so we knew what to do this year," Francis said.

"Anything to help the community. We benefit from the experience as much as they do."

He thanked Sgts. 1st Class Danie McGee and Kevin Yungandreas, ANCOC SGLs, and Staff Sgt. Carl Torey, BNCOC SGL for their help in organizing the project.

"They made it happen," Francis said. "It makes a favorable impression on the Army when the community sees us pulling together like this."

Bryan L. Goldman, chair of the Maryland chapter, also thanked the soldiers for their support, adding that the association raises more than \$100,000 through the annual effort.

There are more than 17 million Americans that have diabetes, he added.

"Events like this one further research efforts to combat and eventually cure the disease," Goldman said.

A diabetic for 45 years, Davis added that the walks increase awareness of the disease and preventive measures.

"People need educational awareness," she said. "If you don't know about it, you can't beat it."



Photo by YVONNE JOHNSON
From left, Sgts. Ryan Loeff, Zachary Chunn and Bill Ferguson from the Noncommissioned Officer Academy Basic Noncommissioned Officer Course, carry a table to a refreshment tent for the 5-kilometer Walk For Diabetes in Tydings Park, Oct. 20.



Jeff Ball, flutist, plays one of several songs that gained him recognition for the 1998 Native American best flutist.



Tia Cyrus, 8, daughter of Sgt. 1st Class Mitchelene Cyrus, Noncommissioned Officer Academy, performs what is known as the "Butterfly" dance.



Dressed in the same colors as the American flag, Boe Harris, member of the Turtle Mountain Band of Chippewa Indians of North Dakota, performs a women's traditional dance associated with "Givers of Life."

Photos courtesy of
APG PHOTO LAB

A tee pee display set
up for the Native
American History
Month observance,
sits outside the
Aberdeen Area
Recreation Center.



Celebration

From front page
and pointed out how people as a whole play a significant role in contributing to freedom in the world today.

"Americans' great strengths are the diversity of its people. Each ethnic and cultural group in America is called unique in their own culture and make up," Mark said.

Pointing out the significance and the importance of the celebration, Mark elaborated on the contributions of the character of Native Americans.

"Native Americans are an integral part of this great nation," Mark said. "Many of our traditions come from America's first people. Throughout the years, Native Americans, men and women, have helped prepare this nation," Mark said.

She mentioned how Native Americans are still serving in the military today, some 15,000 and growing. Mark said that they are a group of people who continue to come to the aid of their country.

"In celebrating Native American Heritage Month, we join together to learn more about a unique culture and to celebrate [their] contributions. They have a way of returning to the call of a nation. And as you know, we are a nation at war today," Mark said.

In keeping with Native American tradition, Boe Harris, guest speaker and member of the Turtle Mountain Band of Chippewa of North Dakota, opened her speech with a prayer.

She explained how prayer is the beginning and a very important part of their gatherings.

Reflecting on Native American celebrations, Harris referred to this unique group of people as warriors because that's what they represent to their culture.

"The warriors were a very important part of our people.

They protected and provided for us so that we could exist and they never would forget the importance to our survival," Harris said.

She talked about how important it is that they are recognized for their contributions.

"Today in our gathering, the warriors are and they deserve a place of honor. We must never forget that they are our family," Harris said.

Moving on to another tradition, Harris invited everyone to join in a celebration of song and dance in a sacred circle.

"For you have gone to battle side by side with our warriors, we ask you to come into the sacred circle and dance with us, side by side, so you can also be honored," Harris said.

Expanding on the tradition of song and dance, Harris demonstrated where the rhythm originates.

"Today our tradition is carried forth in music and dance. The creator has given a voice to all living things and for all living things carried with song. The very first sound a human hears is that of a heart beat," Harris said.

She then played a tape with the sound of a human heart-beat and explained how it sets the rhythm at which the drums beat and how they dance.

"It is the heart beat of our people and the heart beat of mother earth. It is also the beat that the songs are sung to when we gather," Harris said.

Sgt. 1st Class Mitchelene Cyrus, Noncommissioned Officer Academy, along with her two children, performed several dance numbers.

One of the dances was titled "Grass," a song of preparation for their gatherings that symbolizes the power of the ceremony.

The ceremony closed with the sacred circle of song, dance and praise, consisting of all soldiers in the audience.

At the close of the ceremony, Mark invited all to take part in the food sampling unique to Native Americans.